Titanic loss for Saskatchewan

Five passengers headed for the province lost their lives when the luxury liner went down 100 years ago PAGE 4

INSTA-BILLION

FACEBOOK SHELLING OUT $1B IN LARGEST ACQUISITION EVER ... CAPTURE THIS MOMENT, STARTUPS, BECAUSE ZUCKERBERG SAYS IT'S LIKELY A ONE-OF-A-KIND MILESTONE PAGE 13

REGINA metro®

Tuesday, April 10, 2012

News worth sharing.

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DOGNABBIT

PAGE 2

Josh Pagé and his dog, Ali, enjoy a brisk afternoon in the city's only off-leash facility, the Cathy Lauritsen Memorial Off-Leash Dog Park. Pagé has been bringing his two-year-old crossbreed to the park every day for the last few months. Outdoor rinks are being touted by the city as permanent summer dog parks. CARRIE-MAY SIGGINS/METRO

City cabbies make drive for 10% rate hike

Taxi rates. Proposed increases would make Regina fares higher than Calgary, Edmonton, Winnipeg

ALEX BOUTILIER
alex.boutilier@metronews.ca

It may soon cost more to grab a cab in Regina.

A report headed to the city's community and protective services committee on Wednesday proposes hiking the initial meter drop rate — the cost at the start of a trip — from $3.50 to $3.80.

City staff are also recommending an increase of $0.10 for every 60 meters and $0.10 for every 11 seconds elapsed in the cab.

According to the report, the proposed increases would mean a five-kilometre trip would cost an average of $11.93, a 9.55 per cent increase. That's more than Winnipeg ($10.30), Calgary ($10.61), and Edmonton ($10.81), but less than Saskatoon ($12.30).

"In response to the industry's request for a top-up of the taxi rates prior to the scheduled annual review, (city staff) reviewed taxi meter rates using the recently adopted Taxi Cost Fare Model," reads the report.

That analysis found that, according to Statistics Canada data, the cost of operating a taxi increased by 9.49 per cent since the fares were last increased in April 2009. That's taking into account insurance, fuel, vehicle costs, repairs and wages.

Still, the report is recommending a smaller hike than the cab operators — who suggested that the base fare be made $3.90 and hiking the per-hour rate to $35 from $30.

Cab cost comparison

Comparing an average five-kilometre taxi ride.

- **Regina (current)** $10.89
- **Regina (proposed)** $11.93
- **Calgary** $10.61
- **Saskatoon** $12.30

The difference in the city's proposal and the industry's proposal, however, only works out to about $0.10 on a five-kilometre trip.

If approved, the changes would go into effect as of May 1.

Avalanche aid expected

The U.S., Germany and Switzerland were sending teams to Pakistan in the wake of the disaster that buried over 120 soldiers PAGE 12

No grand jury in Trayvon death

Special prosecutor to decide whether unarmed teen's shooter will be charged PAGE 8

Sky-high living

NASA's Alvin Drew explains what space colonization would be like, from trying to figure out what time it is to phoning home PAGES 10 & 11

Hold your horses

Province to eliminate horse-racing grants, saying they aren't an effective use of public money PAGE 4

Douglas in fine medal

Collection of medals awarded to former premier Tommy Douglas to go on display in Regina PAGE 4

1

NEWS

On the web

Ronnie Wood launches N.Y. exhibit

At the New York unveiling of his exhibition Faces, Time and Places, which features his own paintings, guitarist Ronnie Wood talks about the Rolling Stones heading to the studio, his solo projects and art versus music. Watch at metronews.ca

Students save school bus driver

Students in Washington state stopped a school bus on Monday after the driver lost consciousness, officials say. One seventh grader says he grabbed the wheel while others attempted CPR. Watch at metronews.ca

Mobile news

Considering what happened to the Titanic, it's curious that so many people are fascinated by what its passengers ate. A century after the disaster, books and websites are devoted to the subject. Scan for the full story.

Swinging into warmer weather for a fun week off school

Abby, 9, enjoys spring break playing in Candy Cane Park in Regina on a chilly Monday. School is out for the rest of the week and the good news for kids and parents alike is that the temperature will be rising with each passing day. KIM JAY/FOR METRO

City seeks more flexibility for your ticket to ride

Regina Transit. Proposal would move transit passes away from calendar-month system

ALEX BOUTILIER
alex.boutilier@metronews.ca

In a bid to increase flexibility for transit users, city staff are recommending moving away from calendar-month-based transit passes.

The proposal, which comes before Regina's community and protective services committee on Wednesday, would change the bus-pass structure to a 31-day rolling start date. That means rather than a user having to buy a pass at the beginning of the month to get full value, transit passes would be valid for 31 days after first use.

"(Right now), customers who purchased a pass after the start of the month would still pay the full price, but the pass would only be valid until the end of the month," the report reads. "Similarly, seniors' passes had to be purchased in April or October to gain the full value of the annual or semi-annual pass."

A 31-day pass, staff suggest, would give transit users more leeway. Staff also hope the move will curb end-of-month congestion at the city's Transit Information Centre.

"Currently, the end and beginning of the month is a very busy time at the Transit Information Centre, as customers come to get the next month's pass," the report reads. "The long wait times for customers will eventually be reduced as demand for passes will be evened out over the month."

The proposal is an "evolution" of the new fare-box system, which was put in place in November 2010. Under the old system, which required paper passes, a 31-day pass would not be possible.

Added value

366

Under the proposed new transit pass system, annual seniors' passes would be valid for 366 days.

Brandished weapon

Saskatoon man charged in replica gun imbroglio

A man faces several charges after someone brandished a replica handgun in a Saskatoon restaurant on Sunday.

Patrons were fleeing the scene when police arrived just after 7:30 p.m. following reports that a man inside was armed with a handgun. As they approached the building, an armed man stormed out. Officers confronted him and ordered him to drop the weapon. It was later found to be a replica.

The man complied with police and was arrested. He is charged with assaulting police and possessing a weapon dangerous to public peace.

MORGAN MODJESKI/
METRO IN SASKATOON

Federal funding

Cut could affect local libraries

Library administrators in Saskatchewan say Ottawa's decision to cut funding for the Community Access Program (CAP) will hurt rural access to the web.

Janet Smith, director of the Palliser Regional Library, said even though Saskatchewan won't be affected as much as the rest of Canada because of the province-sponsored network C-NET, the lack of CAP funding will mean fewer opportunities to buy new equipment and fewer hours of public operation in rural areas.

MORGAN MODJESKI/
METRO IN SASKATOON

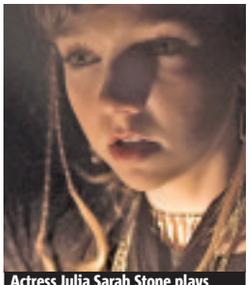
Web-series awards. Saskatoon web series wins big at L.A. festival

A Saskatoon-based web program won big over the weekend at the L.A. Web Series Festival, and creators say they were excited to represent Saskatoon on such a prominent, global stage.

The web series, titled My Lupine Life by Louis Pine, is about a boy dealing with the possibility he might turn into a werewolf. It won five awards including best lead actor, best lead actress and outstanding sci-fi/fantasy/horror series.

Saskatoon resident Torin Stefanson, the director and co-creator of the series, said he was thrilled to be at the festival.

"It's pretty exciting," he said. "Los Angeles is always considered the heart of the film industry and the L.A. web fest is the first, biggest and most prominent festival for web series in the entire world, so to be selected to be at the festival is an honour to begin with.



Actress Julia Sarah Stone plays Sydney in the web series My Lupine Life by Louis Pine. CONTRIBUTED/ KELLY BALON/KARMA FILMS

Home-grown talent

- "We had over 10 people on the cast and over 20 people in the crew and all of the post-production was done in Saskatchewan as well, so it's a very Saskatchewan series," said Torin Stefanson, director and co-creator of the award-winning web series My Lupine Life by Louis Pine.

"Canada was well represented down here and for us to be able to represent Saskatoon and Saskatchewan was kind of a big deal."

MORGAN MODJESKI/
METRO IN SASKATOON

Dog's life. Outdoor rinks touted as off-leash dog parks for the summer

Anecdotal evidence is leading city staff to suggest continuing off-leash dog parks in five boarded community rinks.

Regina piloted off-leash parks in five outdoor rinks in the summer of 2011. Informal feedback, as well as the recommendation of the Dog Park Stewardship Group, has led staff to conclude the dog parks should resume this year.

According to a report coming before the community and protective services committee on Wednesday, the five rinks —at M.J. Coldwell Park, Glencairn Park, Leslie Park, Mike Badham Park and Rosemont School Park — will continue to be mixed-use centres. During school hours, dogs will have to remain leashed.

The city is also considering opening a new dog run at Ross Industrial Park.

ALEX BOUTILIER/METRO

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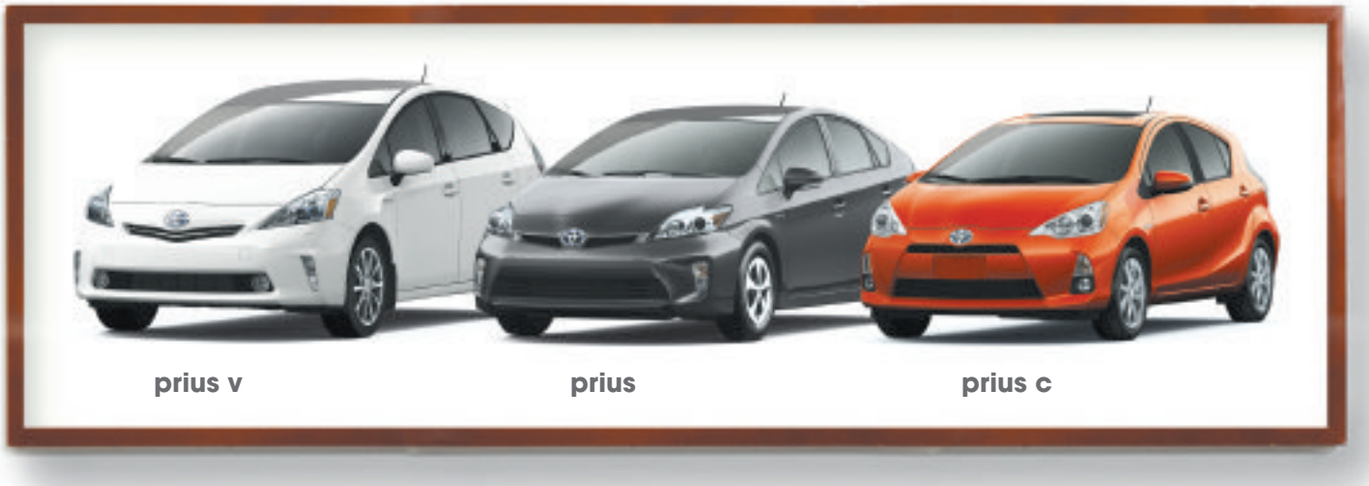

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Titanic tragedy was also a loss for Saskatchewan

Presumed drowned. Five men, headed to Saskatchewan, were lost when the Titanic sank 100 years ago

JESSICA SMITH
Metro in Saskatoon

Saskatchewan lost five men when the Titanic sank 100 years ago.

The Titanic passengers — who were headed for the province — died, and none travelled first class, according to the records posted online Monday by Ancestry.ca, with the help of the Nova Scotia Archives.

All five listed their intended destinations as a town in Saskatchewan and each ended up on the lists of the "supposed drowned," according to the site. Their bodies, if found, were never identified.

Leo Zimmerman, a 29-year-old farmer from Basil, Switzerland, was headed for Saskatoon.

Brothers Lewis Braund, 29, and Owen Harris Braund, 22, from Holsworthy, England, were heading to the Qu'Appelle Valley. Lewis, a farm labourer, and Owen, an ironmonger, were third-class passengers.

Frank Hubert Maybery, 36, of London, was travelling to Moose Jaw.

Father Charles Leonard Kirkland was en route to Tuxford when the ship went down. His profession, noted in a tight script on the Register of Deceased Passengers, was "minister of religion."

Professional and amateur Titanic scholars have researched the ship's stories for decades and the would-be Saskatchewanians' lives aren't completely unknown.

For example, Maybery and Kirkland were friends and travelled together, according to the compendium of Titanic research Encyclopedia Titanica. Now, for first time, the source records are available online.

The online records include images from the Fairview Cemetery in Halifax, where 121 Titanic victims are buried, files from the Halifax Coroner, crew and passenger lists, and a list of the bodies recovered.

Register of passengers. ANCESTRY.CA/THE ASSOCIATED PRESS/PHOTO ILLUSTRATION BY DAVID VAN DYKE

Province to eliminate horse-racing grants

A photo from the Saskatchewan Horse Federation's Facebook page. FACEBOOK.COM

Saskatchewan's horse-racing industry will soon have to run without provincial grants.

The Saskatchewan Liquor and Gaming Authority says it will cut all grants for horse racing after this summer's racing season wraps up.

Last year, the Crown authority gave $1.5 million to the industry, while collecting $857,000 in taxes from wagers.

Liquor and Gaming spokesman David Morris said paying money to the horse-racing industry just doesn't fit within the province's budget anymore.

Public money

"Providing grants for activities like horse racing really aren't an effective use of public money."

Liquor and Gaming spokesman David Morris
On the competing demands for limited government funding

"The decision to cut the horse-racing grants effective next year was made in light of other important public spending priorities such as health care, education, infrastructure," Morris said.

"With competing demands for limited government funding, providing grants for activities like horse-racing really aren't an effective use of public money."

Dallas Pole, executive director of the Saskatchewan Horse Federation, said the impact will be large.

"It's not only in the breeding industry, but the trainers, the facilities that host these races, not to mention the employment for individuals," Pole said.

"Some of these individuals may have only ever worked in the racing industry.... They would need to do a complete flip and career change and find employment, so it is very widespread," he added.

Pole said the organization will lobby the province to reinstate the grants.

THE CANADIAN PRESS

Serious injuries

Man in hospital after vehicle gets stuck in snow

A 52-year-old man was taken to hospital Sunday after falling from a friend's vehicle.

Regina police say the man was attempting to help a friend remove their vehicle, which had been stuck in snow and ice in a parking lot on Courtney Street North. The man suffered serious injuries from the fall, but was not struck by the vehicle. His injuries were characterized as life-threatening.

Police were called to the accident at about 8:30 a.m. Sunday morning. The incident remains under investigation, but police do not expect charges to be laid. ALEX BOUTILIER/METRO

April 21-22

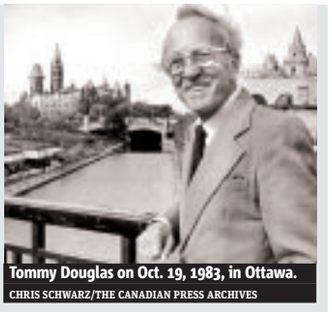
Tommy Douglas medals to be on display in town

The medals awarded to Tommy Douglas, former premier of Saskatchewan, will be on display in Regina. Shirley Douglas, his daughter, will lend her father's medals to the Regina Coin Club so they can be displayed at their show on April 21-22.

George Manz, president of the Regina Coin Club, welcomed the news, calling the event a "once-in-a-lifetime opportunity to view these priceless medals."

The 19-piece set of medals, awards, military insignia, photographs and letters include: a 1937 Coronation medal engraved to Tommy Douglas when he was a member of Parliament for Weyburn; a 1953 Coronation medal engraved while he was premier; a 1937 Coronation medal engraved to his wife Irma Douglas; and military medals from the Boer War and the First World War awarded to Tommy's father, Thomas Douglas Senior.

METRO



Tommy Douglas on Oct. 19, 1983, in Ottawa.
CHRIS SCHWARZ/THE CANADIAN PRESS ARCHIVES

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DARE TO COMPARE	2012 KIA OPTIMA LX A/T	2012 Honda Accord SE A/T	2012 Toyota Camry LE A/T
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Torque (lb.-ft.)	186	161	170
Automatic Transmission	6 Speed	5 Speed	6 Speed

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MOTORING 2012

Rio5 SX shown

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DARE TO COMPARE	2012 KIA RIO 5DR LX M/T	2012 Toyota Yaris LE M/T	2012 Ford Fiesta S M/T
Horsepower (hp)	138	106	120
Torque (lb.-ft.)	123	103	112
Fuel Economy - HWY	4.9L/100km	5.2L/100km	5.1L/100km
Power Windows	✓	✗	✗
Steering Wheel Audio Controls	✓	✗	✗
Heated Sideview Mirrors	✓	✓	✗

HWY: 4.9L/100KM
CITY: 6.6L/100KM

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Sorento SX shown

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BASED ON A PURCHASE PRICE OF $28,345.

DARE TO COMPARE	2012 KIA SORENTO LX AT FWD (4-CYL)	2012 Honda CR-V FWD LX 2WD (4-CYL)	2012 Ford Escape 2.5L XLT FWD (4-CYL)
Horsepower (hp)	191	185	171
Torque (lb.-ft.)	181	163	171
Towing Capacity (lbs)	1,650	1,499	1,499
Overall Interior Volume (L)§	2,987	2,949	2,818
17" Alloy Wheels	✓	✗	✗

HWY: 6.2L/100KM
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Transgender model tells story in TV interview

Reinstated. Vancouver's Jenna Talackova allowed to compete in Miss Universe Canada, says Donald Trump

Jenna Talackova, left, poses with ABC's Barbara Walters in New York.
HEIDI GUTMAN/ABC/THE ASSOCIATED PRESS

Miss Universe contestant Jenna Talackova has a boyfriend and hopes to have two kids some day, but didn't initially tell him she was born male, the transgender Canadian beauty queen said Monday.

In an interview with ABC Television's Good Morning America, Talackova said she and her boyfriend of two-and-a-half years needed to get to know each other as friends before she told him about her sex-change procedure.

"Of course I had to let him know," Talackova said.

"He was very supportive, very accepting. He saw me for who I was."

Talackova was asked whether she wants to have children. She replied, without elaborating, "Yes, I want to have two children."

Talackova, 23, had already made the Miss Universe Canada final before pageant organizers unleashed a wave of global media attention last month by disqualifying her on the basis she had to be a "naturally born" female.

Pageant owner Donald Trump finally stepped in and overruled that decision, reinstating her ahead of the May 19 Miss Universe Canada contest.

High-profile American lawyer Gloria Allred said Trump did the right thing by allowing Talackova to stay in the competition, because the disqualification was simply wrong, something that should be recognized globally.

"We wanted Donald Trump to step up and be a leader in this battle for equality (and) we're very happy that he has conceded that rule does violate the laws of Canada and of the United States," Allred said.

Trump appeared to agree with that position last week, saying it wouldn't be fair to allow transgender contestants to compete only in certain countries.

Talackova, of Vancouver, underwent sex-change surgery at age 19. THE CANADIAN PRESS

Thousands gather for Vimy ceremony

Gunner Joe Foster, of the 15th Field Artillery Regiment, plays Last Post during a Vimy Day ceremony at Victory Square in Vancouver on Monday. In France, thousands of students carrying Canadian flags and banners paid silent tribute to nearly 3,600 fallen countrymen. An estimated 5,000 students braved persistent rains during a slow march that covered the two kilometres from France's Vimy Ridge Memorial to a pair of cemeteries where Canada's war dead are buried. Gov. Gen. David Johnston, Veterans Affairs Minister Steven Blaney, and other Canadian and French dignitaries were on hand for the ceremony. DARRYL DYCK/THE CANADIAN PRESS

Next question

Expert asks: What can the F-35s do?

An expert who's tracked the controversial F-35 stealth-fighter program says the Canadian government is not going far enough — and should conduct a thorough audit of what the new jet can and cannot do.

Winslow Wheeler, of the Washington-based Centre for Defence Information, says the debate following last week's auditor general report needs to move beyond the eye-popping cost and muddied procurement process.

The Harper government last week committed to reviewing the acquisition and sustainment costs of the F-35, among other things.

Wheeler, who's testified before Parliament and spent years working for the U.S. General Accounting Office, says auditor general Michael Ferguson's report was actually tame, and what's needed now is an independent, fact-based analysis of the claims made by the manufacturer. THE CANADIAN PRESS

Canadian Heritage flooded with Queen's Jubilee pitches: Report

A new document shows the Department of Canadian Heritage was flooded with applications for money to throw community celebrations to mark the Queen's 60th year on the throne.

Companies, schools, municipalities and other groups can apply to a $2-million pot for money to host their own Diamond Jubilee parties.

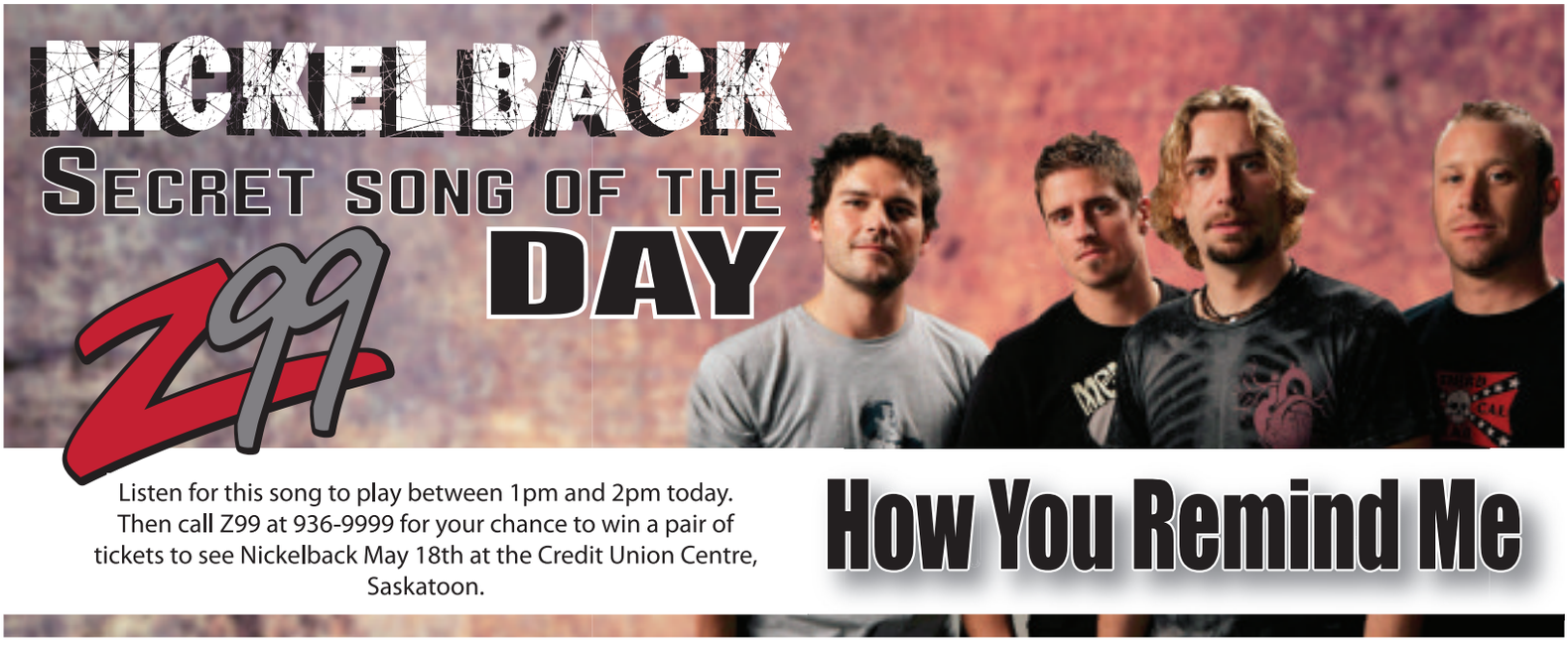
But a report by the Diamond Jubilee advisory committee said that by last fall, the department had already received more party pitches than it could pay for. The report did not say how many of those eligible proposals would actually be funded. Nor did it give any examples of the celebrations proposed.

The report showed Canadian Heritage received 232 proposals in the first round, of which 180 were eligible for funding. It did not say how many of those eligible proposals would actually be funded. Nor did it give any examples of the celebrations proposed.

Seventy-eight proposals came from Ontario. Another 50 came from Atlantic Canada and 49 came from British Columbia, Alberta and the Yukon. Thirty-nine came from Saskatchewan, Manitoba, the Northwest Territories and Nunavut. Only 16 came from Quebec.

The government has not disclosed which groups received Diamond Jubilee money. A spokesman for Heritage Minister James Moore said roughly half the funding has so far been allocated. The rest will be disbursed later this year.

The government is spending a total of $7.5 million on the festivities, including $2 million for the community celebrations and $3.7 million for 60,000 special medals. THE CANADIAN PRESS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Horsepower (hp)	200	177	178
Torque (lb.-ft.)	186	161	170
Automatic Transmission	6 Speed	5 Speed	6 Speed
Fog Lights	✓	✗	✗
Power Driver Seat	✓	✓	✗
Heated Seats	✓	✗	✗

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Offer(s) available on select new 2011/2012 models through participating dealers to qualified customers who take delivery by April 30, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. ◂Optima 3 Payments On US offer is available on approved credit to eligible retail customers who finance or lease a new 2011/2012 Optima or Optima Hybrid from a participating dealer between April 9 - April 15, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of 3 payments (excluding taxes) to a maximum of $400/month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to $1,200 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. *0% purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2012 Sorento (SR75BC) with an MSRP of $28,345 (excludes delivery and destination fees of $1,650, other fees and certain taxes (including tire levies) and A/C tax ($300, where applicable)) financed at 0% APR for 60 months. Monthly payments equal $409 with a down payment/equivalent trade of $2,799. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Cost of borrowing of $0, for a total obligation of $28,345. Financing example excludes $1,000 loan savings that is deducted from the negotiated selling price before taxes. Retailer may sell for less. See dealer for full details. **Don't Pay for 90 Days" on select models (90-day payment deferral) applies to purchase financing offers on select 2011 and 2012 models on approved credit (OAC) (2011/2012 Sportage/Sorento/Sedona/Borrego excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ◂Lease offer available on approved credit (OAC) on 2012 Optima (OP54C) is based on monthly payments of $267 (excludes delivery and destination fees of $1,455, other fees and certain taxes (including tire levies). A/C tax ($300, where applicable) and $350 lease service fee – but, includes a lease savings (lease credit) of $1,000 ($1,000 includes $500 Loyalty Bonus and $500 lease savings)) for 48 months at 2.9% with a $2,199 down payment/equivalent trade, security deposit and first monthly payment due at lease inception. Total lease obligation is $15,000 with the option to purchase at the end of the term for $9,589. Lease has 16,000 km/year allowance (other packages available and $0.12/km for excess kilometres). Other taxes, registration, insurance, licensing and variable dealer administration fees (up to $699) are excluded. †Loyalty Bonus offer available on 2012 Optima (OP54C) at a value of $500 for any current Kia owners towards the purchase or lease of a new 2012 Optima (OP54C) by April 30, 2012. Loyalty Bonus offer applicable to cash purchase, lease and purchase financing only and will be deducted from the negotiated price before taxes. Offer is transferrable within same household only (must provide proof of address). Limit of one Loyalty Bonus per customer or household. Certain restrictions apply. See dealer for details. ¥Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. KIA is a trademark of Kia Motors Corporation.

Working to save trapped miners in Peru

Workers cut logs during the rescue operation to save nine trapped miners at the Cabeza de Negro gold and copper mine in Yauca del Rosario, Peru, Monday. Peruvian authorities say nine miners trapped since April 5 are being supplied with sports drinks, soup and food while emergency responders work to free them.

MARTIN MEJIA/THE ASSOCIATED PRESS

No grand jury in Trayvon shooting

Neighbourhood-watch incident. Decision on whether to charge unarmed teen's shooter in hands of special prosecutor

A grand jury will not look into the Trayvon Martin death, a U.S. special prosecutor said Monday, eliminating the possibility of a first-degree murder charge and leaving the decision of whether to charge the teen's shooter in her hands alone.

Angela Corey said her decision had no bearing on whether she would file charges against George Zimmerman, the neighbourhood-watch volunteer who has said he shot the unarmed black teen in self-defence.

Corey could still decide to charge him with a serious felony such as manslaughter, which can carry a lengthy prison sentence.

The case has led to protests across the U.S. and spurred a debate about race and the laws of self-defence. Martin was black; Zimmerman's father is white and his mother is Hispanic.

Trayvon Martin. MARTIN FAMILY/THE ASSOCIATED PRESS

Zimmerman has claimed self-defence in the Feb. 26 confrontation and shooting. Florida's self-defence law gives wide leeway to use deadly force and eliminates a person's duty to retreat in the face of danger.

A grand jury had been set to meet Tuesday. Corey has long had a reputation for not using grand juries if not necessary. In Florida, only first-degree murder cases require the use of grand juries.

Corey's decision means she doesn't have to rely on potentially unpredictable jurors, said David Hill, an Orlando criminal defence attorney.

"Let's give her the benefit of the doubt. Maybe she knows there isn't enough for first-degree murder but she wants to maintain control and charge him with something else," Hill said. "What does she need a grand jury for? She cuts out the unpredictability of the grand jury. She goes where she feels she has more evidence."

Corey took over the case last month after the prosecutor who normally handles cases out of the city of Sanford recused himself. That prosecutor, Norm Wolfinger, had originally called for the case to be presented before a grand jury.

"From the moment she was assigned, Ms. Corey noted she may not need a grand jury," said a statement from Corey's office.

Prosecutors sometimes use grand juries to avoid the political fallout from controversial cases. But Corey was elected by voters more than 160 kilometres away, so political problems are less of an issue, Hill said.

An attorney for Martin's parents said in a statement that he is not surprised by the decision to avoid the grand jury and hopes a decision is reached soon.

"The family has been patient throughout this process and asks that those who support them do the same," said attorney Benjamin Crump.

THE ASSOCIATED PRESS

Crime

Suspects in court following Tulsa shooting spree

Two Oklahoma men suspected in a shooting rampage that left three people dead and terrorized Tulsa's African-American community made their first court appearance Monday.

Jake England, 19, and Alvin Watts, 32, appeared via closed-circuit TV.

The judge set their bond at $9.16 million US apiece.

Both are being held on suspicion of three counts of first-degree murder, two counts of shooting with the intent to kill and one count of possession of a firearm in the commission of a felony. They will be formally charged at a later date. Neither had an attorney present. Their next appearance is set for April 16.

Police have identified both suspects as white, while all five victims in Friday's shootings were black. Police say it's too early to say whether the attacks in Tulsa's predominantly black north side were racially motivated.

THE ASSOCIATED PRESS

Jury selection starts in killing of Oscar winner's relatives

A judge will question would-be jurors as jury selection begins in earnest at the Chicago trial of the man accused of murdering singer and Oscar-winning actress Jennifer Hudson's mother, brother and nephew.

Hudson, who was not in Chicago at the time of the killings, told investigators she was in touch with her mother almost every day and became concerned when she couldn't reach her by late morning on Oct. 24, 2008.

Hours later, the bodies of her mother, Darnell Donerson, 57, and brother, Jason Hudson, 29, were found shot to death in the family home. The body of her seven-year-old nephew, Julian King, was found days later in a sport utility vehicle several kilometres away.

Selecting 12 jurors and six alternates able to set aside sympathy for the Hollywood star and assess guilt only according to evidence presented in court against William Balfour could pose a challenge.

It's expected to take two or three days to make final selections from among 150 prospective jurors.

Judge Charles Burns will aim to weed out anyone who might be swayed by the 30-year-old Hudson's celebrity, though he's unlikely to automatically exclude Hudson fans if they can convince him their biases won't affect their deliberations.

If convicted, Balfour, who is also 30, faces a maximum life sentence. His lawyers have said the evidence is circumstantial; prosecutors say the proof includes gun residue. THE ASSOCIATED PRESS

Testimony begins April 23

Court officials say Hudson is expected to attend every day of the trial.

- Hudson is on a 300-name list of potential witnesses, though it's not certain she will testify.
- Nine of 66 questions on a questionnaire the would-be jurors filled out dealt with Hudson's career.

Jennifer Hudson arrives before the 83rd Academy Awards in February 2011 in Hollywood. CHRIS PIZZELLO /THE ASSOCIATED PRESS

No one killed

U.S. navy will compensate victims of military jet crash

U.S. navy officials say they will begin providing compensation right away to those affected by Friday's military jet crash into a Virginia Beach apartment complex.

Initial payments will begin at $2,300 US for an individual resident, with more going to residents with families.

Dozens of apartment units were destroyed when the F/A-18D Hornet careened into the Mayfair Mews apartment complex.

Residents won't be permitted onto the site until the cleanup is complete.

THE ASSOCIATED PRESS

Dame Grand Cross

Camilla gets highest female rank in Royal Victorian Order

Queen Elizabeth has appointed the Duchess of Cornwall to the highest female rank in the Royal Victorian Order, Buckingham Palace said Monday.

The announcement that Camilla has been made a Dame Grand Cross comes on the day of her seventh wedding anniversary with Prince Charles.

Awards under the Royal Victorian Order are given by the Queen to people who have served her or the monarchy in a personal way. They are bestowed independently of the prime minister's office.

THE ASSOCIATED PRESS

Serbia

Clashes over permanent housing for Roma people

Fourteen people have been injured in clashes between policemen and stone-hurling rioters protesting the building of a Roma settlement in a Belgrade, Serbia, suburb.

Police said 12 officers and two protesters were hurt in the clashes in the village of Resnik on Sunday. About 20 protesters were arrested.

Police were trying to protect the construction of a permanent housing settlement for the Roma, who are to be moved from their slum in downtown Belgrade.

THE ASSOCIATED PRESS

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DARE TO COMPARE ☑	KIA OPTIMA HYBRID BASE	2012 Toyota Camry Hybrid LE	2012 Ford Fusion Hybrid Base
Horsepower (hp)	206	200	191
Windshield Wiper De-Icer	✓	✗	✗
Memory Driver Seat	✓	✗	✗
Rearview Camera	✓	✗	✗
Heated Front Seats	✓	✗	✗

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MOVIN' ON UP TO A DELUXE

Thinking of retiring on Mars? It could be a thing of the not-too-distant future, but blasting off remains expensive, and not a priority for earthly governments

ELISABETH BRAW
Metro World News

Astronauts can live in space for six months, so what's to stop others from spending half a year there, too? Or living there permanently?

Very little.

"An American millionaire who has made a fortune on hotels is already trying out inflatable space stations for use as space hotels," notes Chris Welch, lecturer in astronautics and space systems at the International Space University in Strasbourg, France.

"Once we have hotels in space, living in space won't be very far away."

The millionaire, Robert Bigelow, runs the company Bigelow Aerospace, whose space capsules will provide long-term accommodation for up to six people.

Galactic Suites also plans space hotels, while Richard Branson's Virgin Galactic intends to launch short-term space flights to lower orbit.

PayPal co-founder Elon Musk, who now runs space-exploration company SpaceX, says he'd like to retire on Mars.

And at universities around the world, researchers are designing the buildings, furniture and even games for humans in space.

The human colonies could float in lower orbit, like the International Space Station, or even be built on the moon.

But even though the science and engineering exists, outer space remains uninhabited by humans.

"It's not a technical problem, but a political one," explains Larry Bell, professor of space architecture at the University of Houston.

"Politicians are trying to fix the economy and national and international problems, so space isn't a priority. It's seen as too expensive."

Launching a spacecraft carries a price tag of some $10,000 per kilo.

Space agencies and private companies, however, are undeterred. NASA is even developing new space food for the expected increase in space travellers.

"Because there's no gravity, you can't even fry an egg in space," explains Alvin Drew, a NASA astronaut and head of NASA's advanced exploration systems habitat demonstration unit.

"But until now, the space food could only last for one to two years. Just going to Mars takes 18 months. So our food laboratory is developing new ways of cooking in space. It's still prepared food. But if you inject it into liquid you get a meal that's tastes very good. I just ate a space steak that tasted just like the real thing."

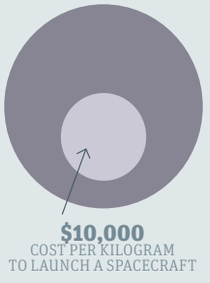
In the end, leaving Earth may become a necessity.

"Building space colonies will increase our chances of surviving," says Welch.

"Space exploration is humans' insurance policy."

Weighing the cost

Space — cheaper than gold!



Reluctant investors

Big space, little interest

The University of Houston's world-famous space-architecture program, headed by Larry Bell, has developed many of the buildings and furniture that could be used in space colonies.

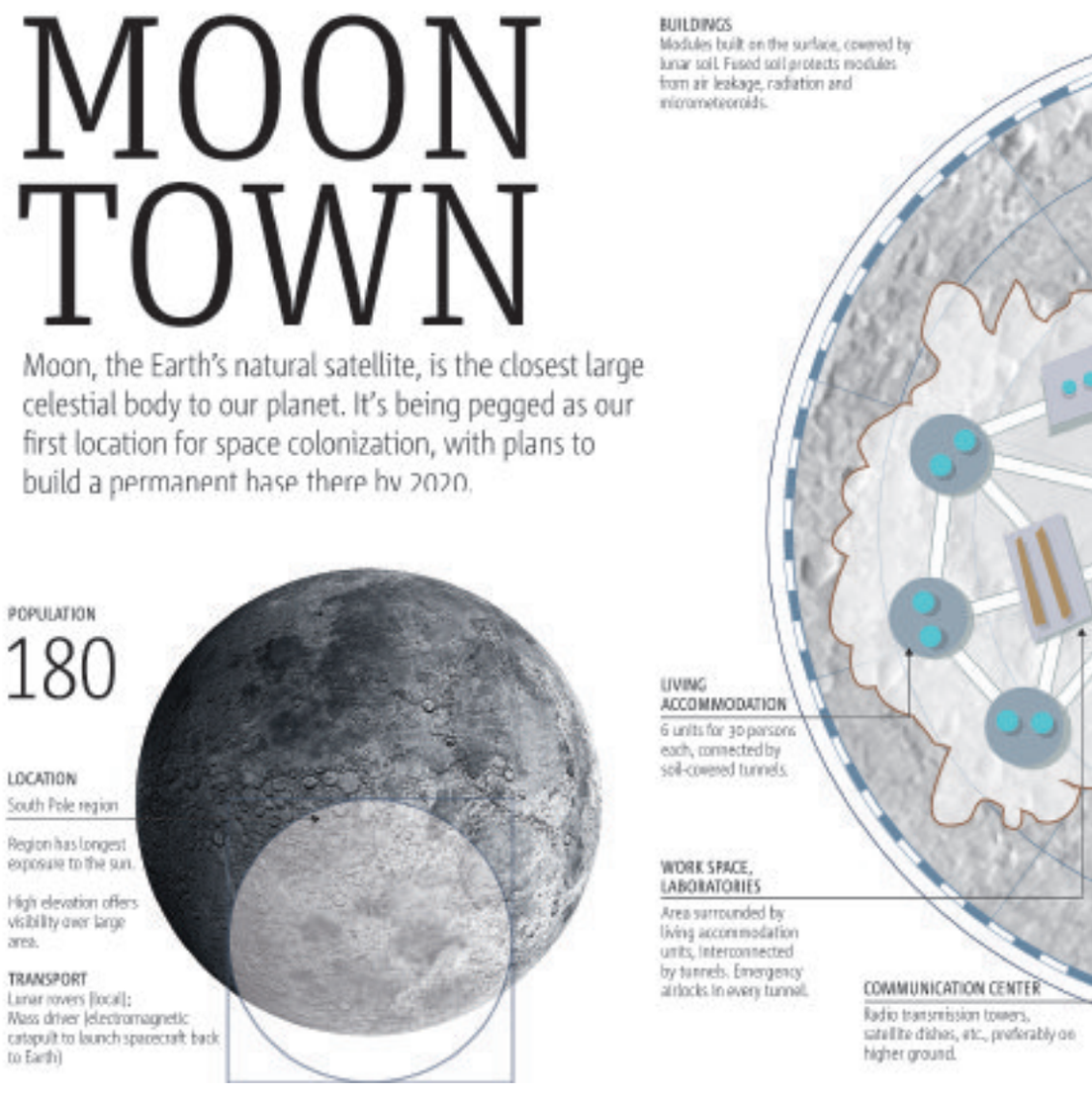
But, says Bell, the number of applicants to the program has been dropping for the past several years.

"Young people see no future in space exploration," he notes.

That's because, five decades after John F. Kennedy announced the U.S. would send a man to the moon, the space race with the Soviet Union is over and politicians are reluctant to make major investments in space.

"Space isn't expensive compared to other things we spend money on," reflects Bell. "But as far as governments go, space now seems to be perceived as a burden."

ELISABETH BRAW/
METRO WORLD NEWS


MOON TOWN
Moon, the Earth's natural satellite, is the closest large celestial body to our planet. It's being pegged as our first location for space colonization, with plans to build a permanent base there by 2020.
POPULATION
180
LOCATION
South Pole region
Region has longest exposure to the sun.
High elevation offers visibility over large area.
TRANSPORT
Lunar rovers (local); Mass driver (electromagnetic catapult to launch spacecraft back to Earth)
BUILDINGS
Modules built on the surface, covered by lunar soil. Fused soil protects modules from air leakage, radiation and micrometeoroids.
LIVING ACCOMMODATION
6 units for 30 persons each, connected by soil-covered tunnels.
WORK SPACE, LABORATORIES
Area surrounded by living accommodation units, interconnected by tunnels. Emergency airlocks in every tunnel.
COMMUNICATION CENTER
Radio transmission towers, satellite dishes, etc., preferably on higher ground.

Thrusters on full: Sex in space

Anybody who has seen Barbarella or Flash Gordon will know that space is a sexy place, populated with lustful aliens and new possibilities.

But having a sex life in space is not as straightforward as Hollywood suggests, and would represent a giant leap for mankind. With Earth's resources diminishing, humans need space. They also need sex, and the species' survival may depend on erotic breakthroughs on these, the big questions:

Has anyone had sex in space? Leia and Han try to make time. 20TH CENTURY FOX

Has anyone had sex in space?

Nobody's admitted it, although cheeky California scientist Dr. Rhawn Joseph says there are rumours of a couple "sealing the deal" on the International Space Station. In 1991, Jan Davis and Mark Lee became the first married couple to fly together, breaking NASA rules designed to keep team harmony, but they are believed to have resisted temptation.

Is it even possible?

"The fantasy might be vastly superior to the reality," says spoilsport NASA physician Jim Logan, pointing to motion sickness and the "messy environment" it would create. In 2000, French science writer Pierre Kohler claimed that NASA had been testing zero-gravity sex in different positions but it was revealed to be a hoax. NASA says it has never conducted any such research but is not against sex in principle, as long as astronauts have "a constant commitment to honourable behaviour."

What is the best space-sex tech available?

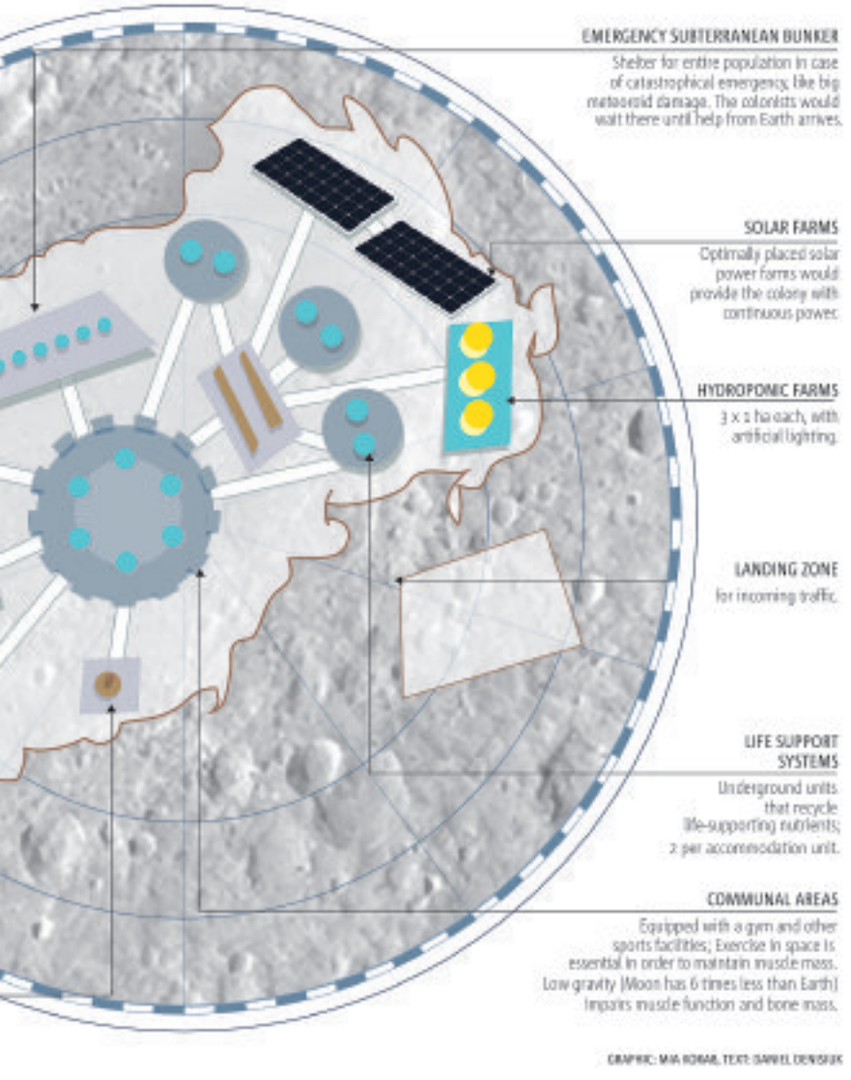
Probably actress/writer Vanna Bonta's "2 Suit," which uses light, flexible material that a couple can share playtime in. "Sex in space is not just a good idea, it's survival," said our hero. Real-estate billionaire Robert Bigelow is also ahead of the game with his Genesis prototype space hotel.

Could a baby be born in space — and would it be human?

Yes and no. "If you put an infant on Mars, they would adapt to the new environment," says Joseph, a neuroscientist. "And after several generations, you'd have a new species."

KEIRON MONKS/METRO WORLD NEWS

APARTMENT IN THE SKY


EMERGENCY SUBTERRANEAN BUNKER
Shelter for entire population in case of catastrophical emergency, like big meteoroid damage. The colonists would wait there until help from Earth arrives.
SOLAR FARMS
Optimally placed solar power farms would provide the colony with continuous power.
HYDROPONIC FARMS
3 x 1 ha each, with artificial lighting.
LANDING ZONE
for incoming traffic.
LIFE SUPPORT SYSTEMS
Underground units that recycle life-supporting nutrients; 2 per accommodation unit.
COMMUNAL AREAS
Equipped with a gym and other sports facilities; Exercise in space is essential in order to maintain muscle mass. Low gravity (Moon has 6 times less than Earth) impairs muscle function and bone mass.

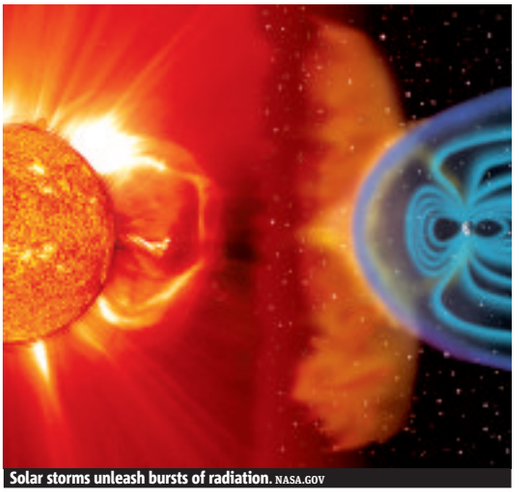
GRAPHIC: MIA ROMAIL TEXT: DANIEL DENISIUK

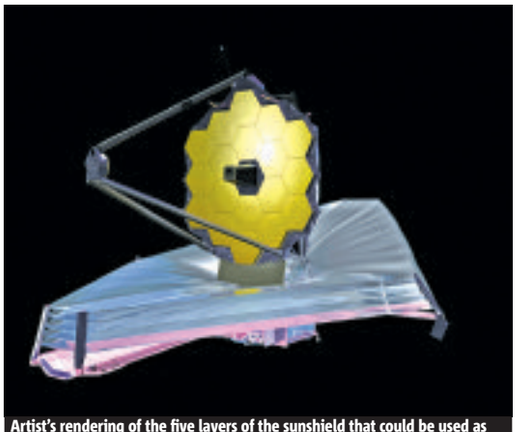
Seeking shelter from the storms in space

Just as Earth has sun and wind, so does space. In fact, the space weather presents a crucial challenge to human habitation.

"Space weather is not about sun and wind," explains Dr. John Farrow, professor of space applications at the International Space University. "It's about plasma and radiation. But it does have as much variation as our weather down here. In the most extreme circumstances, the weather can terminate a space mission."

The space equivalent of rain is radiation, which rains down on astronauts and forces them to carry "umbrellas" — radiation-proof space suits — or stay inside their capsule.


Solar storms unleash bursts of radiation. NASA.GOV


Artist's rendering of the five layers of the sunshield that could be used as a space "umbrella." NASA.GOV

Weather everywhere

"Space weather is not about sun and wind. It's about plasma and radiation. But it does have as much variation as our weather down here."
Dr. John Farrow, professor of space applications, ISU

"But just like a regular umbrella doesn't fully protect against rain, a 'space umbrella' doesn't fully protect against radiation," notes Farrow. "And the problem with radiation is that you can't see it."

Radiation, of course, causes chronic illnesses like cancer.

"On the moon you have no protection against space weather," explains Prof. Alex Ignatiev, director of the Center for Advanced Materials at the University of Houston.

"If we're going to live there, we'd need a one- to two-metre-thick layer of lunar sand on top of the capsule. Lunar sand absorbs radiation from the sun. Mars would be a little easier because it has a bit of atmosphere. But space weather is a major challenge."

On the other hand, the moon has water, and is easily accessible from Earth. But if humans are to establish space colonies, they have to design space suits that will provide complete protection against radiation.

They also have to design space capsules that can withstand sudden weather changes and fluctuating temperatures.

Not surprisingly, space agencies have entire teams dedicated to space weather, but they face a daunting task: Creating weather-proof gear that weighs very little. Weight is an essential issue as each kilo of payload costs $10,000 to launch into space.

In the meantime, space agencies have developed a new capability — and one that will be extremely useful even to us earthlings: Space-weather prediction.

"They can tell what's coming and issue an alarm to companies operating satellites," says Farrow.

"If the companies don't react, the satellites can be destroyed."

That would mean no cellphone calls, no satellite-beamed TV, no cloud-computing.

ELISABETH BRAW/METRO WORLD NEWS

Q&A

'Next stop will be the moon'

A Q&A with Alvin Drew, director of NASA's advanced exploration systems habitat demonstration unit.

When will we live in space?
Our goal is to explore Mars within 25 to 30 years. To reach that goal, we'll start by exploring asteroids, and keep exploring the moon. And to do so, we need human habitats on the moon and these asteroids.

What will habitats look like?
Very different from the International Space Station. They won't look different on the outside, but the difference is that the ISS is in lower orbit, within Earth's magnetic field, which protects us from radiation. A habitat farther away from Earth needs huge radiation protection. And farther away from Earth there's never a sunset, so your body doesn't know what time of the day it is. Then there are speed delays: Even if you're communicating at the speed of light, a signal takes 20 minutes to reach Earth. That's very different from the ISS, where we have cameras that literally look over the astronauts' shoulders and we can communicate immediately.

METRO WORLD NEWS

In Metro Wednesday

- **Exploring the cosmic kitchen:** Metro takes a look at what's on the menu in space.

In Metro Thursday

- **We reveal the Canadian finalist for our Metro Race for Space contest.**

More at metronews.ca

- **Suiting up:** Designers best known for dressing Lady Gaga and Rihanna reveal their take on a spacesuit.
- **Angry astrophysicist:** Neil deGrasse Tyson reviews Angry Birds Space.

Foreign help expected after fatal Pakistan avalanche

Needless deployment?
With over 120 soldiers buried alive, questions surface about need for military bases in isolated mountain region

In this Feb. 19 file photo, Pakistani army soldiers with the 20th Lancers Armored Regiment carry supplies up the 2,400-metre mountain near their outpost in Pakistan's Dir district. ANJA NEIDRINGHAUS/THE ASSOCIATED PRESS

An avalanche that buried more than 120 soldiers in a Himalayan region close to India has put a spotlight on what critics say is one of world's most pointless military deployments: Two poverty-wracked nations engaged in a costly standoff over an uninhabitable patch of mountain and ice.

Since Saturday morning when the massive wall of snow engulfed a Pakistani military complex close to the Siachen Glacier, rescue teams have been unable to dig up any survivors. There is now very little hope that even a small number of people will come out alive.

A team of U.S. military experts was expected to arrive at the site Monday to assist in the rescue efforts, according to an American official. The team flew in from Afghanistan after the Pakistani army asked for help, the official said on condition of anonymity because he was not authorized to brief the media.

The U.S. military helped Pakistan after the 2005 Kashmir earthquake and floods in 2010, ventures that Washington used to bolster efforts to strengthen its ties with Islamabad, vital in the fight against al-Qaida. The current mission is far smaller, and comes amid a near-breakdown in relations between the two countries.

Switzerland and Germany are also sending small teams of experts to help, said the Pakistani army.

The missing soldiers are part of the Pakistani military deployment to the Siachen Glacier, which forms the northern part of Kashmir region, disputed between Islamabad and India and the main source of tension between the nuclear-armed rivals who have fought three wars since 1947.

THE ASSOCIATED PRESS

Journalist killed. Fighting in Syria spills across the border

Syrian forces opened fire across two tense borders Monday, killing a TV journalist in Lebanon and wounding at least six people in a refugee camp in Turkey on the eve of a deadline for a ceasefire plan that seems all but certain to fail.

A witness at the Turkish camp said he saw two refugees killed, although that account could not be independently confirmed.

Across Syria, activists reported particularly heavy violence with more than 125 people killed in the past two days.

The Obama administration expressed outrage at the violence spilling over the frontiers, saying the Syrian government appeared to have little commitment to the peace plan that was negotiated by former UN chief Kofi Annan.

The latest bloodshed was a sign of how easily Syria's neighbours could be drawn into a regional conflagration as President Bashar Assad's crackdown on a year-old uprising becomes increasingly militarized, despite desperate diplomatic efforts.

Annan brokered a deal that was supposed to begin with Syria pulling its troops out of population centres by Tuesday morning, with a full ceasefire by both sides within 48 hours. But hopes for the plan collapsed after a fresh wave of violence and new demands by the regime for written guarantees that the opposition will lay down arms first.

THE ASSOCIATED PRESS

Paying the price

The costs of government crackdown continue to escalate

- The UN estimates some 9,000 people have been killed in Syria since March 2011, when the uprising began with mostly peaceful protests against Assad.
- Turkey shelters some 24,000 Syrian refugees, including hundreds of army defectors, and has floated the idea of setting up a buffer zone inside Syria

SALES REPRESENTATIVE

Metro Regina is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:
- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:
- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than April 20, 2012. PLEASE QUOTE: "Sales Representative - Regina" in the subject line. All submissions will be treated as confidential.

metro

Australia-bound

Migrants fleeing war-torn Afghanistan plucked from boat by Indonesia

Indonesia says it has rescued 120 Afghan migrants from a leaking wooden ship headed to Australia.

An official called Joko from the National Search and Rescue Agency says they received a distress call from the ship's captain on Sunday and went to their aid. The Afghans were taken by tanker to a port on the western side of Indonesia's Java Island.

Witnesses said Monday that police were still negotiating with the migrants who were refusing to leave the tanker.

Joko says they will be handed over to immigration officers. Migrants without legal documents are usually deported home while others may apply for asylum.

Migrants from conflict-ridden countries have long used Indonesia's thousands of islands as a transit point for their way to Australia.

THE ASSOCIATED PRESS

Victims of deadly Soviet crackdown remembered

People lay flowers outside the parliament building to mark the anniversary of the bloody 1989 Soviet crackdown on unarmed pro-independence supporters, in downtown Tbilisi, Georgia, on Monday. Georgians laid flowers and lit candles outside the parliament building to honour the 21 people killed when Soviet forces broke up a crowd of demonstrators on April 9, 1989. SHAKH AIVAZOV/THE ASSOCIATED PRESS

Tech deal. AOL selling hundreds of patents to Microsoft for $1 billion

Faltering Internet icon AOL was able to squeeze out more than $1 billion US from Microsoft for a trove of some 800 patents in an auction, the latest sign of just how valuable such portfolios can be for the world's biggest technology companies.

"There is a fight for market share occurring on multiple fronts — technology, patents, advertising," said Colin Gillis, an analyst with BGC Financial who covers Microsoft. "Microsoft, more so than others out there, has been (using) its patent portfolio as a way to generate licence fees. This should strengthen that."

Patents have become a hot commodity in the high-tech industry in recent years. They're useful both for attack (suing competitors) and for defence (warding off lawsuits with threats of countersuits).

AOL's stock rose $7.83, or 43 per cent, to $26.25 in midday trading, adding more than $750 million to its market capitalization.

THE ASSOCIATED PRESS

Online edge

- Microsoft refused to say what the patents cover. Benchmark analyst Clayton Moran said they revolve around Internet technology, including advertising, search and mapping. This would help Microsoft go up against Google, a big rival that is ahead in all three areas.

Market Minute

DOLLAR 100.35¢ (-0.27¢)

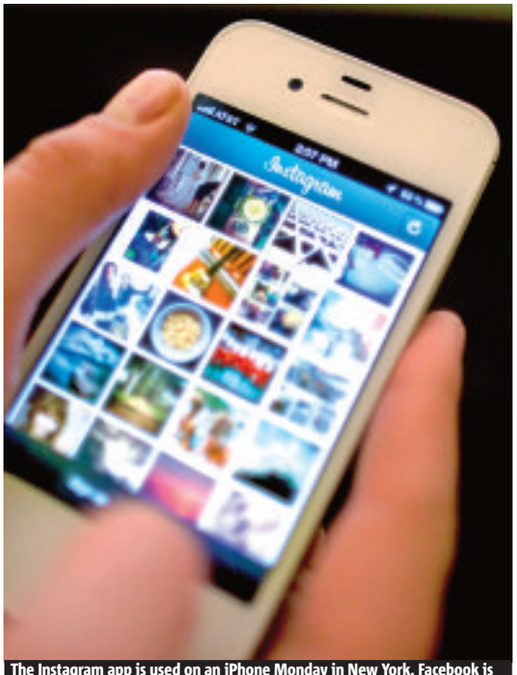
TSX 12,018.5 (-84.61)

OIL $102.46 US (-85¢)

GOLD $1,643.90 US (+$13.80)

Natural gas: $2.107 US (+1.8¢)
Dow Jones: 12,929.59 (-130.55)

Facebook buys photo app Instagram for $1 billion



The Instagram app is used on an iPhone Monday in New York. Facebook is paying $1 billion US to acquire the service. KARLY DOMB SADO/THE ASSOCIATED PRESS

Picture perfect. Social-networking giant looking to expand its mobile presence with the acquisition

Facebook is spending $1 billion US to buy the photo-sharing company Instagram in the social network's largest acquisition ever.

Instagram lets people apply filters to photos they snap with their mobile devices and share them with friends and strangers. Some of the filters make the photos look as if they were taken in the 1970s or on Polaroid cameras.

"This is an important milestone for Facebook because it's the first time we've ever acquired a product and company with so many users," CEO Mark Zuckerberg wrote on his Facebook page. "We don't plan on doing many more of these, if any at all."

Facebook said it plans to keep Instagram running independently. That's a departure from its tendency to buy small startups and integrate the technology — or shut them down altogether just so it can hire talented engineers and developers.

Facebook is paying cash and stock for San Francisco-based Instagram and hiring its 10 employees. The deal is expected to close by the end of June.

Instagram was only available on Apple devices until recently. An app for Android devices was released last week.

THE ASSOCIATED PRESS

Online sharing

"We think the fact that Instagram is connected to other services beyond Facebook is an important part of the experience."

Facebook CEO Mark Zuckerberg

Business optimism on the rise across Canada

Business optimism in Canada is rising sharply as the gloom of the winter months appears to be giving way to better expectations for sales, hiring and investment, a new Bank of Canada survey suggests.

The quarterly survey of senior management from 100 representative firms, conducted over four weeks in February and March, found the outlook for future sales among the most positive since the recession.

It showed 58 of the respondents expected higher sales in the next 12 months, as opposed to 23 who expected fewer.

That put Bank of Canada's important measure of business confidence at a positive 35, a big turnaround from the negative four balance of opinion in its January report.

It follows an unexpectedly strong employment report last week from Statistics Canada, which said 82,000 jobs were added in March, reversing what had been a few months of modest employment downturns.

"The good Canadian news just keeps rolling," said Derek Holt, an economist with Scotia Capital.

The snap-back in business confidence, while encouraging, raises the risk of the central bank moving to hike interest rates later this year, although there is no urgency, added Bank of Montreal's deputy chief economist Douglas Porter.

THE CANADIAN PRESS

Regional rates

TD Bank says persistently strong oil prices are giving the economies of resource-rich Prairie provinces a turbo-boost.

- The bank says in a new provincial economic outlook that Alberta will grow a robust 3.6 per cent this year, well above the 2.2 average for the country.
- Saskatchewan will also benefit, but to a lesser extent, and will see its economy expand by 3.1 per cent.

Layoffs

Sony to cut 10,000 jobs worldwide: Reports

Japanese news reports say Sony Corp. will cut about 10,000 jobs worldwide over the next year.

The Nikkei business daily and other media Monday said Sony's decision to slash six per cent of its workforce comes as it struggles with weak TV sales and swelling losses.

Sony spokeswoman Yoko Yasukouchi wouldn't confirm the reports. New CEO Kazuo Hirai is holding a press conference Thursday.

Sony has announced restructuring plans by selling its chemical unit. Sony is also merging its LCD panel operation with Toshiba and Hitachi. Yasukouchi said those changes could affect up to 5,000 employees who are subject to transfers.

Sony reported a $2.1 billion US loss for October-December and more than doubled its projected loss for the full fiscal year.

THE ASSOCIATED PRESS

GRAPHIC DESIGNER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print, online and mobile graphic design and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will also possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising, and will have the skill set of an online graphic designer using web based media.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, online, mobile and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- Professional contact with internal and external clientele
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design and animation, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Flash, Photoshop, Illustrator, Image Ready and Dreamweaver
- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS
- Ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Web Design, Animation and/or Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience within a newspaper environment

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than April 20, 2012. PLEASE QUOTE: "Graphic Designer - Regina" in the subject line. All submissions will be treated as confidential.

metro

I DON'T CARE ABOUT YOUR KLOUT SCORE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently received an email letting me know that I had FINALLY achieved a Klout score in the 40s, 45 to be precise. What tangible impact has this had on my everyday life? Absolutely none.

Founded in 2008, Klout.com allows users to measure their fluctuating influence across the social web. While "clout" refers to real political or social power, Klout with a "K" is a much more superficial unit of measurement, much like anything from the Kardashian Kollection.

Users relinquish all sorts of private data from their various social networks — Twitter, Facebook, LinkedIn — and Klout compiles a score ranging from one to 100. This influence score reflects your ability to drive action within your social circles.

I first learned about Klout at a web conference I attended last year. I registered immediately, a decision based on equal parts curiosity and vanity. After determining my score and realizing just how irrelevant it was, I completely forgot about my account.

Scope of influence

But while I was quick to dismiss it, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to over 100-million people and brands worldwide.

But while I was quick to dismiss it, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to more than 100-million people and brands worldwide.

Interestingly, Klout not only tells you who you are influencing and how much, but what topics you are influential about. However, based on my personal experience, the accuracy of these insights varies from spot-on to absolutely absurd.

Here are some of the peculiar subject areas that I am apparently influential about: The New York Jets, animals, diamonds. I can guarantee that I have never made an online (or offline) reference to the New York Jets in my life so who knows what sort of obscure logarithms they use to come up with this nonsense. As an animal-indifferent individual with a non-existent diamond collection, I'm pretty skeptical on whether these insights into my online reputation are really all that significant.

In a recent study titled The Rise of Digital Influence, author Brian Solis questions the accuracy of Klout and similar measurement tools that rank users' online social capital. Solis suggests that in reality these arbitrary numbers aren't a reflection of an individual's true influence or capacity to influence, but of their online visibility.

As social media becomes less about socializing and more about shameless self-promotion, companies like Klout certainly aren't going anywhere. And while I'm sure there is some real value in analyzing online engagement, this quantification of influence has also created an army of self-important tweeters obsessing over their personal brand.

A shop in Tahrir Square is spray painted with the word "Facebook" after the government shut off Internet access in this Feb. 4, 2011, file photo. Klout.com allows users to measure their social influence, but the accuracy is up for debate. PETER MACDIARMID/GETTY IMAGES

Weather — a 'guilty pleasure'

Visitors stand under cherry trees in blossom by the Tidal Basin March 19 in Washington. It's been so warm in the United States this year, especially in March, that national records weren't just broken, they were deep-fried. ALEX WONG/GETTY IMAGES

Not your average March

High temperatures alarm experts

Temperatures in the lower 48 states were above normal for March, according to calculations by the National Oceanic and Atmospheric Administration in the U.S. That far exceeds the old records.

The magnitude of how unusual the year has been in the U.S. has alarmed some meteorologists who have warned about global warming. One climate scientist said it's the weather equivalent of a baseball player on steroids, with old records obliterated.

THE ASSOCIATED PRESS

Global 'warning'?

"Everybody has this uneasy feeling. This is weird. This is not good.... It's a guilty pleasure. You're out enjoying this nice March weather, but you know it's not a good thing."

Jerry Meehl, climate scientist who specializes in extreme weather at the National Center for Atmospheric Research in Boulder, Colo.

The facts

- It's important to note that this unusual winter heat is mostly a North American phenomenon. Much of the rest of the Northern Hemisphere has been cold, said NOAA meteorologist Martin Hoerling.
- The atypical heat goes back even further. The U.S. winter of 2010-2011 was slightly cooler than normal and one of the snowiest in recent years, but after that things started heating up.
- The summer of 2011 was the second-warmest summer on record.

Record-breaking

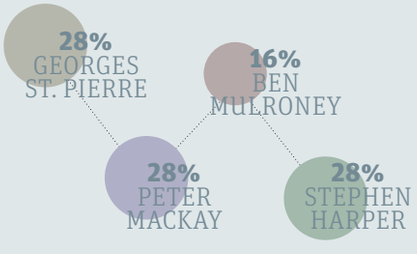
1.4

The first quarter of 2012 broke the January-March record by 1.4 degrees. Usually records are broken by just one- or two-tenths of a degree. U.S. temperature records date to 1895.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Who should Justin Trudeau box next?



Twitter

@DarrenSproat: Central Park, in the heart of NYC: 843 acres... Wascana Center, in the heart of Regina: 2,300 acres #WHYQR #YQR

@LBsteele: One of our neighboring businesses' alarm always goes off very early in the morning. Its getting old really fast. #downtown #YQR

@SengerKY: Pretty sure we're the only office open in downtown #yqr today. Is a 4-day wknd really necessary? Heck even Jesus rose on the 3rd day #easter

@ZeeWil: If yous in the #YQR area go look at the #moon RIGHT NOW. crack in the SE horizon and it's HUGE

@SpencerMeisner: LENT IS OVER. TIME FOR MILKY WAY. #YQR

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DVD reviews

The Iron Lady

Director. Phyllida Lloyd

Stars. Meryl Streep, Jim Broadbent, Richard E. Grant

Phyllida Lloyd's biopic on Margaret Thatcher takes its title from the nickname of Britain's first female prime minister, who was hailed by some and cursed by others when she headed the government from 1979 to 1990.

The film's 2011 theatrical release gathered similar extremes of reactions. But nearly everyone agrees on one thing: Meryl Streep gives a towering performance in the title role. She was rewarded with a best-actress Oscar for a portrayal that takes Thatcher from shopkeeper's daughter to young bride, and from powerhouse in parliament to tottering, demented old widow. Lloyd, and writer Abi Morgan, use the controversial device of the ghost spouse. Thatcher's late husband, Denis, played by the reliable Jim Broadbent, appears frequently as Thatcher's spectral companion, offering advice and admonishments with loving devotion. It's a difficult trick to pull off, and its use here has not been universally applauded. But to me, it's a perfect evocation by two superlative actors of the almost supernatural bond that longtime couples achieve.

PETER HOWELL

Tyrannosaur

Director. Paddy Considine

Stars. Peter Mullan, Olivia Colman, Eddie Marsan

Possibly not since Gary Oldman's Nil by Mouth has the British underclass looked this bleak, and once again it's in the directing debut by an actor, Paddy Considine, who also writes the relentless screenplay. Considine's almost unyielding gloom makes Tyrannosaur a tough sit. But you won't find two finer performances than those by Peter Mullan and Olivia Colman, as their characters search for humanity amid social ruins.

PETER HOWELL

Conor Maynard's vocals are impressing some big names in the music world. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Move over Bieber, here comes a Brit

New talent. British teen Conor Maynard is set to debut a single after being discovered on YouTube and tutored by R'n'B artist NeYo. Sound familiar?

Being called the new Justin Bieber has put British singer Conor Maynard on the music world's radar.

The 19-year-old from Brighton has gone from uploading videos of himself singing at home to working with Pharrell Williams on his debut album in Florida.

Maynard realized that by putting up covers of current tracks, people would stumble across his own versions. The results were impressive — NeYo offered to work with him after watching his version of Beautiful Monster and Chris Brown retweeted the video of his Yeah 3x.

Maynard couldn't believe his luck.

Quoted

"I have a very different sound. But it's obviously flattering to be compared to one of the biggest artists in the world right now ..."

British singer Conor Maynard on being compared to Justin Bieber

Actually, he was so skeptical he insisted on a chat with NeYo, to make sure it was the real R'n'B deal, rather than his friends joking around.

"It was about midnight when I was on Skype to him, everyone in my house was asleep," Maynard told The Associated Press.

"So I was like, 'Hi, NeYo.' That kind of killed any starstruckness — I had to talk really quietly."

Record company interest followed and now Maynard is dropping his debut single, Can't Say No, on April 20 through Polydor.

The comparisons with Bieber aren't that far off the mark. Both got their break via YouTube, both were mentored by an established rhythm and blues star (Bieber's being Usher) and both, while inspired by American urban music, are foreigners.

"In terms of the music, it ends there," says Maynard.

"(I have) a very different sound. But it's obviously flattering to be compared to one of the biggest artists in the world right now when I haven't even released my first single yet."

His talent was discovered when he was overheard singing to himself on the way home from school in Brighton, a hip coastal town in southern England.

His friends kept asking him to perform, so he started putting videos online to keep them happy.

Soon after NeYo spotted him, record companies caught on and he signed with Polydor in the U.K. MTV has picked him as being one to watch for 2012 after he won their Brand New competition.

Thanks to Maynard's online following, Can't Say No has already clocked up over three million views in a month. He's also got 124,560 followers on Twitter — and the number is rising.

Can't Say No is reminiscent of Justin Timberlake's vocals, with a catchy "Houston, I think we got a problem" hook.

"There's not too much meaning to be taken from it," he said, referring to its "girls, girls, girls" chorus.

An album is set to follow this summer and it has already gone down well with his five-star friends. Maynard has played it for Pharrell, Ludacris, Tyler The Creator, Lil Wayne and NeYo, among others

"They've heard all the tracks I was doing and what I'm planning to do — they're really excited about it as well," he said.

THE ASSOCIATED PRESS

2 SCENE

Scene in brief

Stars to earn their stripes

A new TV competition series that tests celebrities against the demands of military exercises will be produced for NBC. Stars Earn Stripes is the working title of the show from veteran producers Dick Wolf (Law & Order) and Mark Burnett (Survivor, The Voice). Nine celebrities from music, sports and Hollywood will be paired with trainers at a "top-notch, secret training facility," the producers said. The contestants will face weekly challenges such as hostage-rescue exercises or placing a laser target atop a mountain. Burnett, who joined the British military at age 17 and served as a paratrooper, said celebrities and the audience will realize how "hard and scary" such tasks are. An air date for Stars Earn Stripes wasn't announced.

On the web

Loud and clear: Country star Keith Urban enjoys benefits of surgery, performs at Hall benefit

Grimm stays true to its name, says actor

Gritty fantasy. Russell Hornsby on what it's like to bring Grimms' fairy tales to modern-day life

MEREDITH ENGEL
scene@metronews.ca

Russell Hornsby plays Hank Griffin on Grimm. The show airs Friday nights on CTV. HANDOUT

Considering his loves for both the grittiness of cop procedurals and the mysticism of fantasy film, the role of homicide detective Hank Griffin on NBC's fantastical Grimm seems to be tailor-made for Russell Hornsby.

"I'm a big fan of the Law & Order series, was a really, really big fan of Homicide: Life on the Street — that's always been just a joy of mine. But also at the same time I do like fantasy. My favourite movie of all time is The Wizard of Oz — just that whole notion there's somewhere else, and if you can imagine it, it can happen," the actor tells Metro.

Hornsby, who spoke with us from Portland, Ore., where Grimm films ("It's a wonderful respite from Los Angeles," he says), is in the midst of a love arc on the show.

"Hank has sort of been put under a love spell. That's about all I can divulge at this point," he says. "We have met this girl, she is a familiar face, and of course there's all these other machinations that root and ulterior motives, so it makes for a very Grimm-sical moment."

That's Grimm-sical, not whimsical, because the show has an ominous subtext. The Brothers Grimms' fairy tales "served as warnings, as cautionary tales," Hornsby tells us, which adds a darker edge he says isn't found on that other prime time fairy-tale drama, ABC's Once Upon a Time.

"I think the only thing that we have in common is that we're using Grimms' fairy tales," he says. "Other than that, I don't think that we're all that similar. Once Upon a Time is done very much in a Disney fashion, and I think that what we're doing with Grimm is really telling the stories the way they were originally intended."

It isn't child's play.

The Oxford-educated Hornsby has some deep thoughts about one fairy tale in particular. "I always found Rumpelstiltskin to be very intriguing," he says. "And I think it has a lot of parallels with what's going on today, how men feel that they have the right to control women, whether it be mentally or physically. I think that's an interesting observation as to an underlying theme of the story: [It's] about control.

I'm from a time when we romanticized the whole notion of pimps and prostitutes, and when you're young you think that that idea is cool.

As you grow older, you see how wrong it is, and so when you talk about the Grimms' fairy tales being cautionary tales, now we realize they're not cautionary tales for just children — they're cautionary tales for us all."

Social commentary

"I always found Rumpelstiltskin to be very intriguing. And I think it has a lot of parallels with what's going on today, how men feel that they have the right to control women, whether it be mentally or physically."
Actor Russell Hornsby

McSpeedy. Doc follows Patrick Dempsey as he trains for 24-hour auto race

Patrick Dempsey is bringing his passion for auto racing to television with a new documentary series.

The Grey's Anatomy star will produce Road to Le Mans, a four-part series about his competition in the venerable French race, the Velocity channel said last week.

Dempsey, who has a professional auto racing team based in Georgia, will be both owner and driver at the 24-hour endurance race in June. Road to Le Mans, set to air by mid-2013, will include his team's preparation for the event, including sponsor acquisition, training and time trials, and the race itself. Dempsey, a documentary buff, said combining the series and the art of racing is a "perfect fit."

For the fledgling, six-month-old Velocity, Road to Le Mans represents its biggest financial commitment yet to a series or a special, said Bob Scanlon, the channel's general manager and senior vice-president.

Velocity is part of Discovery Communications. Formerly HD Theater, Velocity reaches about 40 million homes and focuses on topics including cars, sports, adventure and travel.

Dempsey, who has driven at Le Mans before, exemplifies the "timeless cool" that is part of the channel's brand as it targets a male, upscale audience, Scanlon said. The actor also can bring racing's drama to a new generation, he said, following in the tradition of other stars who competed on film and in real life, including Paul Newman (Winning), James Garner (Grand Prix) and Steve McQueen (Le Mans).

The mix, however, creates a burden of proof that an actor isn't merely a dilettante driver.

"You have people who are skeptical, who are looking for any mistake to make that the story, rather than the small things you've done successfully," Dempsey said.

He and his Mazda racing team have gained increasing credibility. Even with commitments to his day job that limit his competition, Dempsey posted top 10 finishes, including a career-best third last year with his teammates at the Rolex 24 in Daytona Beach, Fla.

THE ASSOCIATED PRESS

Patrick Dempsey gets behind the wheel for a new documentary series.
MARKUS SCHREIBER/THE ASSOCIATED PRESS FILE

94.5 JACK fm $1000 Minute
CLUE TO WIN: Peanuts
Listen to 94.5 Jack FM at 7:40am to play $1000 Minute. Answer 10 questions correctly in 60 seconds and win $1000. This clue will be an answer for one of the questions in tomorrow's game.

Here comes the Biel: Jessica's going gown shopping?

Jessica Biel ALL PHOTOS GETTY IMAGES

Jessica Biel is a bride-to-be on a mission.

The actress, who is reportedly engaged to Justin Timberlake, embarked on a seven-hour shopping spree in Paris Friday — with stops at at least two major bridal designers, according to People magazine. Biel's assistant, at her side the whole time, was reportedly toting a massive wedding planning book.

Sources have speculated that the couple will tie the knot this summer.

Jennifer Lopez

Lopez gives a truck: Boyfriend gets gifted

When it comes to a boyfriend's birthday, Jennifer Lopez goes big.

The singer reportedly gifted beau Casper Smart with a custom White Dodge pickup truck for his 25th birthday, according to People magazine. Lopez "knew that Casper really wanted a truck, and Casper was very excited about the generous gift," a source says. "Casper was so excited about his new truck that he decided to drive it to dinner. She was smiling about Casper's excitement."

Kidman to play Kelly

Nicole Kidman is reportedly the front-runner to play Grace Kelly in an indie film about the actress-turned-princess' early days as a member of the royal family in Monaco, according to the Hollywood Reporter.

The film, Grace of Monaco, will be directed by La Vie en Rose helmer Olivier Dahan.

"Nearly every top actress in Hollywood chased the demanding yet coveted role," a source says, though no official deals have been made.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katy Perry is 'tired' of her fabricated fame. Zzzzz.

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh boo-hoo: Katy Perry, one of the most manufactured pop stars of the past decade, is fed up with fame, according to Teen Vogue.

"I'm tired of being famous already! But I'm not tired of creating. Fame is, I think, just a disgusting by-product of what I do," Perry tells the magazine.

"It's a delicate creature — a wild animal of sorts. It can love you, and then it can attack you. But really, I stopped focusing on what other people think a while ago."

Oh, so you wearing an ice cream bra, marrying a super-famous actor and then divorcing him, riding Teenage Dream into the ground until it yielded as many No. 1 singles as Thriller and then releasing yet another version of the album (The Complete Confection) are all ploys to keep you under the radar? Yes, that totally makes sense.

Being famous and then complaining about being famous is so tiring. You can give it all up and live in a yurt, you know.

It's not that hard to not be a celebrity anymore. Just look at Tiffany.

Michael J. Fox

Marty McFly could have used a nice nap

Michael J. Fox didn't have high hopes for Back to the Future, the 1985 film that made him a star, since pulling double duty on his sitcom, Family Ties, while filming the movie left him near exhaustion.

"I ended up getting about three hours of sleep a night, because they had to get the movie out that summer," he tells Parade.

"[While we were making it], I thought I sucked in it. I really, truly thought I was terrible.

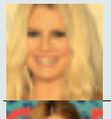
So many times I was practically unconscious because I was so tired."

Bad boy Jesse James has been beat up enough

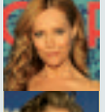
Jesse James

As far as Jesse James is concerned, it's about time everyone forgave him for cheating on Sandra Bullock. "I think I've paid the price and then some, you know? I don't know anybody anywhere that's had to endure what I had to endure for basically infidelity," the reality TV star tells Yahoo's omg! blog. "I stood up like a man and admitted my wrongs and what I did and all that did is make every s— tabloid everywhere across the world come after me even harder. I'm strong. I can take it."

Twitter



@JessicaSimpson
Last chance to see me "fat" aka PREGNANT on the cover of Elle :) I loved this shoot, only on stands for a few more days!!!



@LeslieJMann
Just cut my lip trying to bite off the corkscrew to my wine bottle. Im alone too.

@ConanOBrien
Just saw a lame white guy lip-synching a Jay-Z song as I drove past the mirror store.

@JohnFugelsang
The only thing Americans hate more than the Chinese being communist is when the Chinese outdo us as capitalists.

3 LIFE

Health minute

Obesity could be worse than feared

Everybody's least favourite number, BMI (body mass index), may be totally off in calculating fat, according to a new study. However, before you get too excited, the potential inaccuracy actually underestimates body fat. According to a report in the Public Library of Science's PLoS One journal, BMI calculations, which are based on height and weight, were compared to X-ray absorptiometry — or DXA — scans, which calculates obesity based on fat-composition standard. Turns out, BMI calculations often classify people as "underweight" when the DXA scans would consider them obese, nearly four out of 10 times. The findings of this study, of course, imply that North America's already atrocious obesity rate is actually much worse than we know. Additionally, this means some may be unaware that they are obese (which is hard to imagine) and therefore not taking proper steps in health care.

METRO WORLD NEWS

On the Web

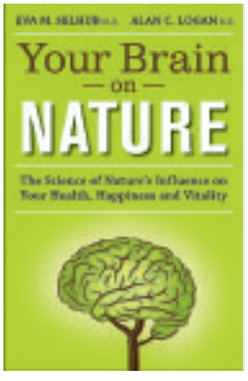
U.S. agency warns of cancer drug counterfeit

Studies show what we already know: getting outside is good for you. ISTOCK PHOTOS

Take a fresh breath of nature and inhale the health benefits

New book. Your Brain on Nature shows the powerful influence being out in the woods has on your thinking

CELIA MILNE
life@metronews.ca



Get high on nature. Walking through a forest feels better than sitting at a desk.

Duh. That's a no-brainer.

But now experts around the world are gathering hard, scientific evidence for what we all know innately: exposure to nature has a powerful influence on the brain.

"There isn't a single study that proves beyond question that nature is good for the brain, but rather it is the combination of all the studies," says Dr. Alan Logan, co-author of a new book called Your Brain on Nature.

His message?

"Take nature breaks and power down the smartphone." Logan is a graduate of the Canadian College of Naturopathic Medicine and now lives in Connecticut.

His co-author is Dr. Eva Selhub, a Harvard Medical School physician.

Japanese studies were among the first to show that immersing oneself in green space, or "forest bathing," has a positive effect on stress and immunity.

Emerging studies show time spent in forests or urban parks also leads to enhanced cognitive focus and positive mental outlook, says Logan.

Why? It is partly related to chemicals released from trees called phytoncides, which have been linked to improved immunity, and partly because of invisible negative ions found near water and forests; they have been linked to brighter mental outlook.

Nature nerds

Can't get outside?

- **Decorating.** Bring the outdoors in. When decorating your home, use natural wood, but not too much of it. Studies show the ideal amount is 30 per cent to 40 per cent of the surface area. Potted plants are great; the ideal number in an office is four.

Best Health

Why we should eat whole grains

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, our Eat Well section includes easy and delicious recipes, and also shows you the latest and most credible research into the science of foods. In our March/April issue, on newsstands now, we outline the benefits of getting whole grains, which are a great source of fibre and protein. Adults are supposed to get six to seven servings of grains a day. Here's why:

Fight "bad" cholesterol.
Years of research shows that oats can lower the body's 'bad' cholesterol without an adverse effect on 'good' cholesterol.

Blast belly fat.
A study published in 2011 in the journal Obesity linked eating more soluble fibre to reduced visceral fat. This fat is found deep in the belly surrounding vital organs; higher amounts are associated with high blood pressure, diabetes and fatty liver disease. For every 10-gram increase in soluble fibre that study participants consumed per day, visceral fat was reduced by almost four per cent.

Prevent gallstones.
A study published in the American Journal of Gastroenterology found that women eating the most foods high in insoluble fibre had a 17 per cent lower risk of gallstones compared to those eating the least.

Control blood sugar.
According to research done at Lund University in Sweden, eating the right grains for breakfast — such as whole-grain barely, either boiled or in bread — helped to moderate increases in blood sugar for up to 10 hours. This is beneficial because large fluctuations in blood sugar levels are linked to an increased risk of type 2 diabetes, obesity and cardiovascular diseases.

Fights free radicals.
Spelt — an ancient grain related to wheat — is a rich source of manganese. It works with an enzyme that helps fight free radicals in the body that may play a role in aging, heart disease and cancer, preventing some of the damage the free radicals cause. A half-cup serving of cooked spelt provides 60 per cent of your daily needs.

Smoked salmon proves fine dining can be simple

Champagne Shiitake-Salmon Risotto

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a skillet over medium-high heat, melt butter. Add onion and shiitakes; sauté for 4 minutes. Add rice and cook, stirring constantly, for 1 minute. Add 250 ml (1 cup) of the wine and cook, stirring constantly, until completely absorbed.

2. Add half of the chicken stock or broth, stir several times, then let simmer until liquid is nearly completely absorbed. Continue adding stock, 125 ml (1/2 cup) at a time and stirring constantly until absorbed between each addition.

3. When all of the stock has been added and absorbed, add another 250 ml (1 cup) of the sparkling wine. Stir until absorbed. The rice should be tender, but still just barely firm at the centre. Stir in cinnamon, salt and pepper.

4. Add cheese and mix until melted and creamy. Adjust seasonings.

5. Remove the pan from heat. Stir in salmon and remaining sparkling wine to serve.

THE ASSOCIATED PRESS/ THIS RECIPE WAS ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, AND TV CELEBRITY CHEF. FOR MORE VISIT ABOUT EMILY AND HER RECIPES VISIT, EMILYRICHARDSCOOKS.CA)

Ingredients

- 30 ml (2 tbsp) butter
- 1 large onion, diced
- 140 g (5 oz) shiitake mushroom caps, thinly sliced
- 375 ml (1 1/2 cups) arborio rice
- 550 ml (2 1/4 cups) dry sparkling wine
- 750 ml (3 cups) chicken stock or broth, warmed to a simmer
- 1 ml (1/4 tsp) ground cinnamon
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 250 ml (1 cup) freshly grated Parmesan cheese
- 125 g (4 oz) smoked salmon, cut into thin strips

Lemon Rice Pudding. A creamy, decadent and quick weeknight dessert

1. In heavy saucepan, bring rice, milk and maple syrup to simmer over medium heat, stirring often. Reduce heat to low, cover and simmer, stirring occasionally, 20 minutes. Stir in cranberries and half of rind; cover and simmer 10 minutes or until rice is soft and pudding is slightly thickened. Serve hot, warm or cold, stirring in more milk as necessary to thin. Sprinkle each serving with cinnamon and remaining rind. DAIRY FARMERS OF CANADA/ THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)

Ingredients

- 125 ml (1/2 cup) arborio (short grain Italian) rice
- 750 ml (3 cups) 2% milk
- 45 ml (3 tbsp) pure maple syrup
- 50 ml (1/4 cup) dried cranberries, cherries or blueberries
- 1 1/2 tsp (7 mL) grated lemon or orange rind
- Ground cinnamon

Spice up your dinner table with Chili Garlic Roasted Shrimp with Fettuccine

Rule No. 1 about spicy ingredients — you don't need to love spicy foods to love what spicy ingredients can do for the foods you do love.

That's because foods such as hot sauces can do way more than simply add mouth-searing heat. Adding just a touch will heighten the other flavours of a dish without adding noticeable spiciness.

Throughout Asia there are numerous condiments referred to as sambals. Most are made by grinding together chili peppers and vinegar. Depending on where you are, other ingredients — such as dried shrimp, fermented soy beans, brown sugar, spices, coconut milk — may be added.

The result is a family of sauces with bright, punchy flavour and a fair amount of heat. They usually accompany meat and rice dishes and are added to taste.

The international aisle of most mainstream grocers in Canada will offer at least one or two varieties and they are worth checking out.

One of the most common is sambal oelek (also called chili paste or fresh chili paste), which is a simple blend of crushed chilies, salt and vinegar. Alongside sambal oelek, you may also find something labelled chili garlic sauce, which is sambal oelek with garlic added.

Either is a fine choice for any of these recipe ideas. The flavours are intense, slightly acidic and almost pungently sweet.

Like most vinegar-based condiments, sambals can be refrigerated for months after opening (most are marked with "best by" dates).

One caution — the word sambal also sometimes refers to a spicy dish. You're looking for the condiments, which are sold in plastic and glass jars.

The condiment is a great addition to give this dish an added kick.

Ingredients

- 30 ml (2 tbsp) olive oil
- 5 ml (1 tsp) kosher salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 15 ml (1 tbsp) sambal oelek or chili garlic sauce
- 500 g (1 lb) large raw shrimp, shells and veins removed
- 1 pkg (340 g/12 oz) fresh fettuccine
- 125 ml (1/2 cup) grated Parmesan cheese
- 3 green onions, chopped

Chili Garlic Roasted Shrimp with Fettuccine

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a large bowl, mix together oil, salt, pepper and sambal. Add shrimp and toss well.

2. Transfer shrimp, as well as any sauce in the bowl, to a rimmed baking sheet. Roast in 230 C (450 F) oven for 5 to 7 minutes or until pink and firm.

3. Meanwhile, in large pot of boiling salted water cook pasta for about 5 minutes or until tender but firm. Drain reserving 60 mL (1/4 cup) of the cooking water.

4. In a large bowl, combine pasta and shrimp. Use a silicone spatula to scrape any liquid from baking sheet into the bowl. Toss well.

5. Sprinkle cheese and green onions over pasta and shrimp, as well as a bit of the reserved pasta cooking water to moisten. Toss until cheese is melted. THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Advice

Funeral etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Because my ex-husband is angry and uncivil, I have not been in communication with my ex-in-laws since our divorce. We were together for more than 20 years and have children. When there is a death or illness in that family, what protocol should I follow? It would seem strange for me to ignore it or not attend a funeral.
Please advise.

Divorces can sometimes make attending a funeral a difficult process. ISTOCK

Hello. As you are experiencing, anger and lack of civility is unfortunately common after a difficult divorce, and now translating that into dealing with former family members for such things as death becomes really tough. Even worse, the stress and unease of death makes many people react in an irrational and difficult way.

So back to your question; what should you do when you wish to attend a funeral of a divorced partner? Remember going to a funeral generally has two objectives:

1. To assist you with your personal grieving process.

2. To assist the family and be supportive of them through their grieving process.

If it is a large public funeral, you should feel free to attend. However, if this is a small or private funeral I think it's best you speak with the next of kin (ideally the head of the family of the deceased or your former husband or in-laws etc.).

First express your condolences and ask if they would feel comfortable with you attending the funeral, since you knew and loved the deceased for more than 20 years.

If they say yes, then attend the funeral, but out of respect for your ex-husband and children, keep a low profile. You are there to pay respects to the person who has just died.

In the event that the family says no, then don't make a big deal about it. You can celebrate this person's life in several ways: have a church mass said in this person's name or make a small donation to a hospital or organization in the name of the deceased.

Finally no matter what the scenario is, write a note of condolence to each of the family members you are close with.

This is the nicest and most gracious way to think of the living and the dead at the same time.

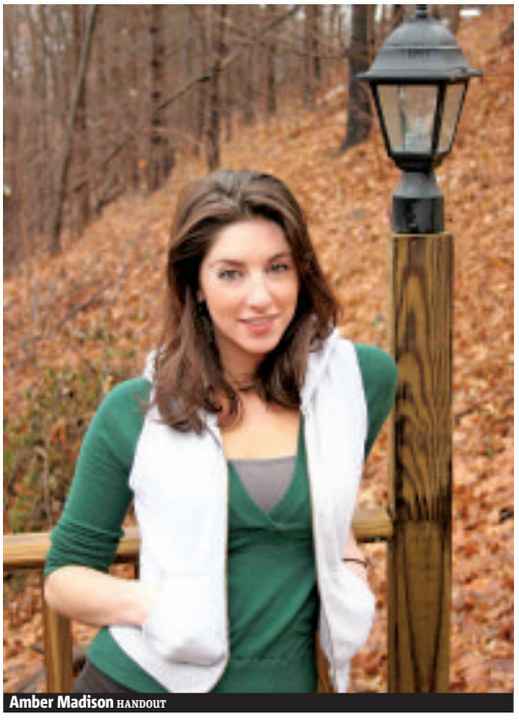
Are all guys just jerks?

Dating. Amber Madison debunks myths about men

HEIDI PATALANO
Metro New York

Dating can be such a confusing, nerve-wracking experience that many women tend to believe certain "truths" about men in order to get some sense of security: "Men are biologically driven to cheat," "men are scared of commitment" and "men care about looks more than anything else" are a few favourites.

But sex and dating expert Amber Madison refused to believe that all of these assumptions were absolutes. To investigate, she travelled to 10 cities and interviewed thousands of men to answer the question, "Are all guys a-holes?" Her book by that very name offers a surprising answer. Here are a few of Madison's findings.



Amber Madison HANDOUT

Guys only care about sex.
"Seventy-three per cent of guys said their primary interest in women was someone to have a long-term relationship with. Eight per cent said sex, and 18 per cent said short-term companionship/dating," she says.

Guys you meet in bars are sleazy.
"True, guys you meet in bars are in a sleazy frame of mind — they're more likely to stretch the truth in order to get you in bed. But they are just as likely to want to find a girlfriend and get married as guys not in bars," Madison says. "Sex may be their priority at the moment but it's not their priority in general."

Guys care about looks more than anything else.
"Only 30 per cent of guys gave looks a five (on a one to five scale of importance), while many more gave humour, intelligence, being caring and ambition a five," she says.

It's a bad sign when a guy doesn't kiss you at the end of a first date.
"Only 19 per cent say they don't kiss a girl after a date because they didn't like her," the author explains. "Thirty-four per cent said they didn't because it might be too forward, 21 per cent said they didn't have the opportunity and 12 per cent said they wussed out."

Guys don't want to get married.
"Ninety-five per cent of guys say they want to get married someday. They talk or think about marriage a lot."

Guys want to make the first move.
"Fifty per cent of guys said a girl making the first move was a turn on, 45 per cent don't care either way and only five per cent think it's 'too aggressive.'"

Two Sisters. Friends with flirting benefits

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters,
I've been friends with a smart, gorgeous girl for two years now. All our friends always said we'd make a good couple if we were both single. But because she had a long-term boyfriend and I'd been dating, we just exchanged dating stories and flirted a little, but it was "safe" because we were both taken. Now she's single and so am I, and she's sowing her wild oats and still uses me as a confidant. Am I doomed to be her BFF? Boy not friend.

Claire: Dear BNF,

Don't you wish life were like the movies, so that one of your mutual friends would get her drunk then shout "Can't you tell your true love is right in front of you?" after which she would show up at your house declaring her lust for you?

Basically you two have become friends with flirting benefits. The question is whether you can become more of a flirtation with friendship benefits. Turning it around takes guts and confidence on your part: you need to let her know you're into her without doing it so bluntly that you risk losing the friendship if she's not into being more than a friend.

Either way, you're in each other's lives.

Andrea: Dear BNF,

Ever hear of the Ladder Theory? Guys have one ladder for all women that they hopefully aren't related to: the higher up she is, the more he wants to sleep with her.

Girls, on the other hand, have two ladders: one is the "friend" ladder because unlike guys, we naively think we can have a platonic relationship with the opposite gender. The other is the standard dating ladder. Between them is the Pit of Doom.

Friends like you often try to jump ladders and fall into the pit, never to be seen again. So, if you can handle utter and total rejection, go for it.

If not, let her keep you on the top rung of friends.

Is it so bad to be around a gorgeous girl without all the messy emotions of a relationship?

Small savings, big payoff: 5 easy steps to an extra $2,000 RRSP contribution

It's not rocket science. A few little tricks can help you maximize your RRSP contribution before next year's deadline

YOUR MONEY
Alison Griffiths
money@metronews.ca

You've finished your tax return and you're upset because the refund is less than you hoped. But you're also annoyed with yourself because you didn't maximize your RRSP contributions.

There's not much you can do for 2011 but you still have over 10 months to find an extra $2,000 to ease next year's tax burden. (The following advice is for those who have their debt load under control. If not do the same thing but divert the money to your debts.)

1. Devote some of your tax refund to your RRSP ($750)

Last year, according the Canadian Revenue Agency, the average refund was $1,506, most from payroll deductions. Take half of that and put it into your RRSP.

2. Increase your monthly RRSP contributions by $50 ($500 annually based on the 10 remaining contribution months)

If you haven't already enrolled in an automatic RRSP payroll deduction program, start one at $50 a month. If one is in place increase the deduction by $50.

3. Save your coins ($250)

This is an easy and painless way to build up excess cash. Put a container in the entranceway of your house and empty your pocket or purse each time you enter the house. Count it up monthly and take it to the bank. Try a little coin-saver dance with each deposit. People will think you are weird but remember, you're laughing all the way to the bank.

This little piggy can help you with step #3. ISTOCK IMAGES

4. Windfalls ($225 annually)

Ask your parents, grandparents and siblings for cash gifts instead of those icky ties and dreadful drugstore bath sets. Explain why and most will be delighted to have that chore lifted from their shoulders.

Think long-term

Here's a cool 20-year plan:

- **$70,000.** Contributing an extra $2,000 annually will increase your retirement savings by nearly $70,000 in 20 years (assuming a five per cent average rate of return).

5. Eliminate one non-necessity a week ($275)

Almost everyone spends money on something they like but don't need. For example, cut out one specialty coffee, restaurant lunch, takeout meal or magazine a week.

Make these five steps a habit and you'll be well on your way to cutting your taxes and beefing up your retirement savings.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Alison's money rule

"Small monthly changes now add up to a bigger RRSP contribution."

Home selling tips

Sleepless in suburbia

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

After two years of deliberation, I listed my house for sale this week. Though I love my place, I have been dreaming of inner city living for years — walking to work, biking to the grocery store, spending less time driving and more time enjoying life.

Listing my property was the easy part. But, my nerves are keeping me up at night. Will my property sell? Can I afford a more expensive home? To reduce my anxiety, I've adopted frugal home-buying basics.

First, buying an affordable home starts with knowing what your budget can handle. I spent three hours last Monday running various budget scenarios addressing monthly mortgage payments, property taxes and more. Using an online banking calculator, I determined the maximum home value I can afford within my desired budget.

I sat down with my mortgage broker on Wednesday to get a pre-approved mortgage. Surprisingly, I was approved for over one hundred thousand dollars more than what I thought I could afford. But, I'm going to stick with my original budget and avoid home poverty.

Frugal home buying basics can help you avoid home poverty. ISTOCK IMAGES

On Thursday I started researching mortgage rates for two reasons; first was to fine-tune my budget calculations and second was to prepare myself for an imminent interest rate negotiation when I'm ready to formalize a mortgage. Current mortgage rates are historically low, making payments more affordable.

Friday was the first day I looked at new properties and the day my existing home became available for showings to potential buyers. Though I didn't find my dream home, nor did my house sell, I found it valuable to see what's available in the market.

Because of my moderate tolerance for risk, it's become clear to me throughout this weekend that my personal preference is to sell my existing home before I make an offer on a new one. That way I won't end up financially strapped; carrying two homes accidentally.

Getting organized and being frugal is calming my nerves and restoring my sleep.

OFFICE MANAGER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Regina operation. As well as provide operational and executive support to the Sales/General Manager, Metro Regina and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- Oversee the monthly purchases of office supplies and send required accruals to Metro English Canada
- Recommend and manage office furniture purchases, office supply purchases and all maintenance issues/requests
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than April 20, 2012. PLEASE QUOTE: "Office Manager - Regina" in the subject line. All submissions will be treated as confidential.

metro

4

SPORTS

Lokomotiv tragedy

Russian club finds coach for rebuild

After becoming the new head coach of Lokomotiv Yaroslavl, Tom Rowe was intent on looking ahead to a bright future rather than focusing on the Russian team's tragic past. The 55-year-old American accepted the job with the rebuilding KHL team on Monday after spending more than a decade working in various roles for the Carolina Hurricanes organization. "It's a great opportunity for me," Rowe told The Canadian Press. "My family and I are very comfortable with it and looking forward to it." Lokomotiv is expected to rejoin the KHL next season after spending a year recovering from the September plane crash that killed 44 people, including the entire team and coaching staff. The job opportunity came with a phone call from former NHL executive Mike Smith, who is helping with the Lokomotiv's rebuilding efforts and wanted to see if Rowe would be interested in the position. He later went through an interview with team president Yury Yakovlev.
THE CANADIAN PRESS

On the web

Hockey Canada has hand-picked a talent-packed club full of NHL stars for next month's IIHF World Hockey Championship, but a certain 60-goal scorer has yet to confirm. Scan the code for the story.

Young Oilers stars eager for team to reach next level

NHL. Taylor Hall says team needs to be a contender next season

After six years out of the playoffs and a 29th-place finish on the heels of consecutive 30th-place seasons, the promise of a bright future is starting to wear thin for fans of the Edmonton Oilers.

It's not going over a lot better with Taylor Hall, one of the players those hopes hinge on.

While Hall, at the heart of Edmonton's rebuild along with fellow second-year player Jordan Eberle and rookie Ryan Nugent-Hopkins, has high hopes for the future just as fans do, he isn't willing to use short-term pain in the name of long-term gain as a crutch indefinitely.

Hall, his second season ended by shoulder surgery, made his expectations for next season abundantly clear as the Oilers cleaned out the dressing room and did exit interviews at Rexall Place Monday.

"I definitely think we have a good, young core here and we're definitely exciting and we definitely have a lot of potential, but I think we were sitting here last year saying the exact same thing," Hall said.

"At some point, it's got to turn into something. It can't all be hope and promise because eventually the fans are going to stop hoping, they're going to stop wanting and they're going to stop coming.

"I think next year has to be a playoff year. We have to be a contending team, at least, a team that teams are afraid to play because of our skill level, the way we compete and the way we play defence. It is fun to be in that young nucleus of really good players, but we have to do something with it eventually."

With a 3-0 loss to Vancouver Saturday, the Oilers finished the regular season with a record of 32-40-10 for 74 points, leaving them 14th in the Western Conference and 29th overall.

While that represents modest progress, a total of seven more wins than 2010-11 and 14 more points than the 62 of the previous two seasons, there remains work to do. Even with the gains, the Oilers finished 21 points back of the eighth-place Chicago Blackhawks.

When fans talk about a climb back to respectability, most of the talk revolves around Eberle, 21, Hall, 20, and Nugent-Hopkins, 18. They had terrific seasons and finished one-two-three in team scoring.

Aside from Eberle, Hall and Nugent-Hopkins, defenceman Jeff Petry and goaltender Devan Dubnyk made great strides and took on bigger roles as the season went on. At the same time, veterans like captain Shawn Horcoff and Ryan Smyth took lesser roles.

"We're not far off," Smyth said, when asked about contending for a playoff spot next season. THE CANADIAN PRESS

Unsatisfied

"I think you just need that winning mentality, to be honest. We've obviously lost a lot of games the last couple of years. You can't be satisfied with what we did." Jordan Eberle, looking ahead to next season.

Jordan Eberle, left, and Taylor Hall celebrate after Eberle scored a goal 10 seconds into the game against the Sharks on March 6 in San Jose. THEARON W. HENDERSON/GETTY IMAGES

NHL. Sedin returns to ice as Canucks prep for Kings

The Vancouver Canucks' leading goal-scorer Daniel Sedin returned to the ice Monday after missing nine games with a concussion.

Sedin led Vancouver with 30 goals before being elbowed by Duncan Keith in a 2-1 loss to Chicago on March 21. Keith was suspended five games for the hit.

Sedin was on the ice Monday before his teammates began their scheduled practice and remained with them, although there was no indication he would be ready for the Vancouver's first playoff game Wednesday against the Los Angeles Kings. THE CANADIAN PRESS

Daniel Sedin
DOUG PENSINGER/GETTY IMAGES FILE

NBA

Mavs put Odom on inactive list

The Dallas Mavericks and Lamar Odom are done with each other.

The reigning Sixth Man of the Year and the defending NBA champions who are trying to make sure they get back to the playoffs ended their partnership Monday after an underwhelming 50-games.

"We've got to be able to look down that bench and count on folks to be consistent," general manager Donnie Nelson said. "Unfortunately with him in his state right now, he's just not capable of doing that.
THE ASSOCIATED PRESS

NFL. Goodell upholds penalties in bounty case

Sean Payton now knows for certain he won't be coaching in 2012.

And the New Orleans Saints must figure out whether Bill Parcells or someone else is best suited to take over their team.

NFL commissioner Roger Goodell on Monday rejected the Saints' appeals of their unprecedented punishment stemming from the NFL's investigation of the club's bounty system. The program offered cash bonuses for big hits that knocked opponents out of games or hurt them enough that they had to be helped to the sideline.

Payton's suspension begins Monday and runs through the Super Bowl in New Orleans. Goodell upheld bans of eight games for GM Mickey Loomis and six games for assistant coach Joe Vitt, along with a $500,000 US fine and the loss of second-round draft picks for two years. THE ASSOCIATED PRESS

Saints coach search

Sean Payton's suspension was supposed to begin April 1, but he was allowed to continue working during his appeal, delaying plans to select an interim coach.

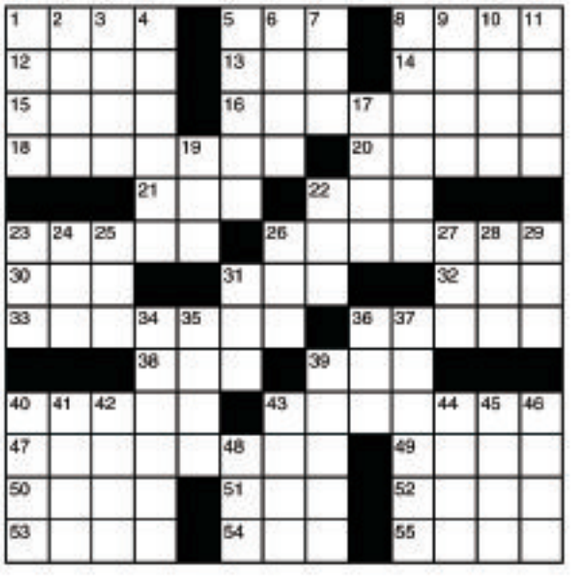
Crossword

Across

1 Charitable donations
5 Vacillate
8 Stylish
12 Castle protection
13 "Birds — feather ..."
14 Car
15 Gymnast Korbut
16 Shirk work
18 Greasy-spoon waitress, e.g.
20 Travelocity mascot
21 Buddhist sect
22 Lennon's lady
23 Hickory nut
26 Playboy
30 "That's relaxing"
31 Hasten
32 In olden days
33 Old washer attachment
36 Mountaineer's spike
38 Einstein's birthplace
39 Bart, to Homer
40 Remark to the audience
43 Brandy cocktail
47 TV slugfest host
49 Nastase of tennis
50 Calendar abbr.
51 Parisian pal
52 Dweeb
53 "Meet Me — Louis"
54 "Great Expectations" lad
55 Turns right

Down

1 Andy's pal
2 Lounge about
3 Creche trio
4 Verse
5 19th Amendment beneficiaries
6 Somewhere out there
7 Four qts.
8 Big gun
9 "Les Miserables" author
10 Couple, in a gossip column
11 Heart of the matter
17 "Aqua et — inter-dictus"
19 Army rank (Abbr.)
22 Have bills
23 Handle roughly
24 Listener
25 Greek X
26 Round Table address
27 Roscoe
28 Id counterpart
29 Director Howard
31 Height of fashion?
34 You can't pin anything on him!
35 Singer Campbell
36 Luau bowlful
37 Diamond period
39 Divest
40 Italian wine region
41 Twirled
42 Enrages
43 Big rig
44 Merriment
45 Green land
46 Cincinnati team
48 Space



Sudoku

							2	4
		9			5			
1		2	4		8			
3	7			6		5		9
			9		4			
4		8		1			3	6
			7		9	6		3
			6			8		
5	1							

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	2	5	6	1	4	9	8	3
4	3	8	5	7	9	2	1	6
1	9	6	2	8	3	4	7	5
2	5	3	8	4	6	1	9	7
8	1	7	9	3	5	6	2	4
6	4	9	1	2	7	5	3	8
5	8	2	7	6	1	3	4	9
3	6	1	4	9	8	7	5	2
9	7	4	3	5	2	8	6	1

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

F N W O S M Z B A W W R U W P
J B C N J Z N C F A B D K P ' T S I S O D W
U I D F N W S F F . O N T N W O N E E A S
E N E K S J U F A U W P J U M M S R .

Yesterday's Cryptoquip: IF YOU'RE PLANTING SOME CONIFEROUS TREES, IT'S POSSIBLE THAT YOU MIGHT BE A CEDAR SEEDER.

Today's Cryptoquip Clue: E equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Today is the ideal time to think about what you want to do with your life.

Taurus | April 21 - May 21. Your rather reserved exterior masks a passionate heart and with Pluto, planet of passion, moving in your favour today you will surely find something to get worked up about.

Gemini | May 22 - June 20. There is more to leadership than giving orders.

Cancer | June 21 - July 22. Chances are you will be more assertive than normal today, and not everyone will be pleased with that fact.

Leo | July 23 - Aug. 22. For some reason you appear to believe that others are ganging up on you. It's not true.

Virgo | Aug. 23 - Sept. 22. Differences with partners and colleagues and family members have been rather intense of late, but with Pluto now moving in your favour again you will realize that most of them are simply not worth the worry.

Libra | Sept. 23 - Oct. 22. It may annoy you intensely that certain people are taking their time and dragging their feet but what can you do? Don't let your frustration show.

Scorpio | Oct. 23 - Nov. 21. You will be more open and approachable than usual.

Sagittarius | Nov. 22 - Dec. 21. A colleague will make a proposal that is actually quite risky sound like the best offer you've ever had. Hopefully you won't fall for it.

Capricorn | Dec. 22 - Jan 20. Pluto in your sign makes you ultra intense – but only be intense about the right things.

Aquarius | Jan. 21 - Feb 18. Think hard before diving into a situation you know little about. You can't save everyone you know.

Pisces | Feb. 19 - March 20. There have been far too many lies and deceptions lately. Don't get fooled again. **SALLY BROMPTON**

Caption Contest

"101 Dalmatians have nothing on us."
Nancy

BASSEM TELLAWI/THE ASSOCIATED PRESS

Win!

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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